

Black Bean and Fresh Corn Salsa

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**GREATER
CHICAGO**
- FOOD -
DEPOSITORY.

Serves: 6

Prep: 15 minutes

INGREDIENTS

- 3 ears corn, husks removed
- 3 medium tomatoes, diced
- 1/2 small red onion, diced
- 2 (15 ounce) cans black beans, drained and rinsed
- 2 jalapenos, minced*
- 1 cup fresh cilantro or parsley, diced
- 1/3 cup lime juice
- 2 firm avocados, diced (optional)
- Salt and pepper, to taste

DIRECTIONS

1. Fill a large pot about halfway with water. Bring to a boil over medium-high heat. Add corn to boiling water and cook until kernels are tender, about 3-5 minutes.
2. Allow to cool. Use a knife to carefully remove kernels from the cobs and place kernels in a bowl.
3. Place corn, tomatoes, black beans, jalapenos, and lime juice in large bowl. Mix well. Add avocado (optional), cilantro, salt, and pepper. Mix gently. Serve fresh with chips or as an alternative to a traditional salsa.

*Substitutions

Jalapenos → Hot sauce, to taste



Nutrition Information

Serving Size: 1/6 of recipe with avocado

Calories	227
Total fat	8 g
Saturated Fat	1 g
Cholesterol	0 g
Sodium	237 mg
Carbohydrates	32 g
Fiber	13 g
Sugars	3 g
Protein	10 g

Notes:

- If you don't have fresh corn, substitute with 2 1/4 cups canned or frozen corn.
- Caution: Hot peppers can irritate hands and eyes. Wear kitchen gloves or wash hands thoroughly after cutting.

Recipe source: Food.com