

Corn and Black Bean Salsa

Corn is a great addition to the diet because it contains whole grains. Whole grains contribute to our daily fiber intake and help us stay fuller longer. In addition, fiber aids in digestion and heart health. Corn can be eaten fresh, canned or frozen. This makes it easily accessible and easy to have on hand for any recipe you like.

Ingredients:

1 can no salt added corn, drain and rinsed
1 can no salt added black beans, drained and rinsed
1 cup cherry tomatoes, sliced in half
1 cup cucumber, diced
1 whole avocado, diced
1 tablespoon olive oil
Juice of one lime
Salt and pepper to taste
Optional: tortilla chips or whole wheat wrap or chili powder for extra spice!



Directions:

1. Drain and rinse both corn and black beans and add to a large bowl
2. Chop cherry tomatoes and cucumber and add to bowl with beans and corn
3. Add diced avocado along with the juice of one lime and the olive oil
4. Add salt and pepper to taste
5. Mix well. Serve with chips, eat with a protein like salmon or chicken or eat on its own as a refreshing salad!

Yield: About 5 servings

Nutrition Facts:

190 Calories; 8g Fat (1 g Saturated Fat; 0 g Trans Fat); 0 mg Cholesterol; 210 mg Sodium; 25 g Carbohydrate (9 g Fiber, 3 g Sugar, 0 g Added Sugar); 7g Protein; 0% Daily Value (DV) Vitamin D; 4% DV Calcium; 10% DV Iron; 10% DV Potassium