

Eat Smart • Move More

Black Bean and Corn Salsa

Prep Time: 10 minutes

Total Time: 10 minutes



Ingredients

- 15 ounces canned low-sodium black beans, drained and rinsed
- 15 ounces canned low-sodium corn, drained and rinsed
- 14 ounces canned low-sodium tomatoes
- 4 ounces canned green chilies, drained and rinsed (optional)
- ½ cup onion, chopped
- 2 tablespoons canola oil
- 2 tablespoons lime juice

Directions

- Combine beans, corn, tomatoes, chilies (if using), and onion in a mixing bowl.
- Drizzle oil and juice over salsa and mix well.
- For best flavor, let sit overnight.
- Serve with our Homemade Tortilla Chip recipe.

Nutrition Facts

4 servings per container	
Serving size	1 serving (374.69g)
Amount per serving	
Calories	260
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 280mg	12%
Total Carbohydrate 41g	15%
Dietary Fiber 11g	39%
Total Sugars 7g	
Includes g of Added Sugars	
Protein 10g	
Vitamin D 0mcg	0%
Calcium 90mg	6%
Iron 3mg	20%
Potassium 762mg	15%

*The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Quick Tips

- ▶ Using fresh tomatoes, in place of canned tomatoes, can help reduce the amount of sodium.
- ▶ Try adding cumin, avocado, bell pepper, or cilantro for more flavor.
- ▶ This dish can be served as a side dish, vegetarian entrée, or snack.

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(Recipe from Del Monte, as listed at: <https://www.whatscooking.fns.usda.gov>.)

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