



ZESTY BLACK BEAN SALSA

RECIPE MAKES 12 servings
SERVING SIZE = 1/2 cup

NUTRITION INFORMATION

Calories: 101

Total Fat: 3 g

Saturated Fat: 0 g

Cholesterol: 0 mg

Sodium: 407 mg

Total Carbohydrate: 16 g

Fiber: 5 g

Sugars: 2 g

Protein: 4 g

Marion County Public Health Department

NUTRITION SERVICES



ZESTY BLACK BEAN SALSA

This zesty black bean salsa is a crowd pleaser and gets better with time as the flavors blend, making it great to make a head to bring to your next pitch in! Beans offer a bit of plant protein and fiber compared to traditional tomato salsa, so it gives this recipe more staying power. See our tips below on how versatile this recipe can be!

INGREDIENTS

- 1 (15 ounce) can yellow whole kernel corn, drained
- 1 (15 ounce) can black beans, drained and rinsed
- 1 cup chopped red onion
- 2 cups seeded and chopped Roma tomatoes
- 1/3 cup seeded and chopped jalapeños
- ¼ cup lime juice
- ½ teaspoon cumin
- 2 tablespoons olive oil
- ½ teaspoon salt (more or less, to taste)
- ½ teaspoon pepper (more or less, to taste)
- Tortilla chips

DIRECTIONS

Place all ingredients (except tortilla chips) in a large bowl and stir to combine.

Serve with tortilla chips.

RECIPE NOTES

Many Ways to Eat the Magical Fruit: This recipe would be excellent as a taco topping or turned into taco salad by adding a base layer of tortilla chips and romaine lettuce. Or take it a step further and use it as part of a burrito bowl on top of a bed of rice and a romaine lettuce. Or try loading it into a wrap with a little guacamole. You could also add it to a loaded baked potato. If you don't have fresh tomatoes, drained and diced canned tomatoes work just fine. Additional add-in ideas include: cilantro, chopped bell peppers, green chiles, fresh mango, avocado or guacamole, feta cheese, and any of your favorite spices.

If you would like to speak to a dietitian or are interested in nutrition programming, call: 317-221-7512 or 317-221-7403.