



black bean salsa

Serve the black bean salsa with Enchiladas, Taco Salad, Burritos or as a side dish.

1. Drain and rinse 1 can (15 ounces) black beans. Drain 1 can (11 ounces) corn and 1 can (10 ounces) diced tomatoes with green chili peppers.
2. Combine the beans, corn and tomatoes together in a bowl.
3. Add 1 to 2 tablespoons of lime juice and chopped fresh cilantro to salsa if desired.



© Nutrition Matters, Inc. All Rights Reserved.
This tipsheet can be reproduced for educational purposes.



black bean salsa

Serve the black bean salsa with Enchiladas, Taco Salad, Burritos or as a side dish.

1. Drain and rinse 1 can (15 ounces) black beans. Drain 1 can (11 ounces) corn and 1 can (10 ounces) diced tomatoes with green chili peppers.
2. Combine the beans, corn and tomatoes together in a bowl.
3. Add 1 to 2 tablespoons of lime juice and chopped fresh cilantro to salsa if desired.



© Nutrition Matters, Inc. All Rights Reserved.
This tipsheet can be reproduced for educational purposes.