



Growing connections to fresh food.

Black Bean & Corn Salsa

Inspired by TasteofHome.com

For more recipes: www.hopelink.org/need-help/food/healthy-recipes

Ingredients:

- 1 can (15-1/4 ounces) whole kernel corn, drained
- 1 can (15 ounces) black beans, rinsed and drained
- 4 medium tomatoes, seeded and chopped or 1 (14.5 ounce) can diced tomatoes, drained
- 1 small red onion, chopped
- 1 bunch fresh cilantro, minced
- 2 jalapeno peppers, seeded and chopped
- 1/2 cup lime juice
- 2 cloves garlic, minced
- Pinch salt
- *Optional:* 1 bell pepper, seeded and chopped; 1 avocado, peeled, pitted and diced; 1 tablespoons olive or vegetable oil

Method:

1. Combine ingredients in large bowl.
2. Cover and refrigerate up to 1 hour. Serve with tortilla chips.



www.hopelink.org/take-action/hopelink-harvest



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