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.