

Black Bean Corn Salsa

Makes 2 servings | **Vegetables** • **Protein**

Ingredients

- 1 16-ounce can black beans
- 1 16-ounce can yellow corn
- 1 10-ounce can Rotel or canned diced tomatoes, drained
- ¼ cup chopped onion
- 4 Tablespoons chopped cilantro
- Dash of lime juice

Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. Add all ingredients except lime juice in a large bowl. Combine.
3. Add lime juice to taste and stir.
4. Serve chilled with tortilla chips.



Extension



Recipe from the Cent\$ible Nutrition Program. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your local CNP educator.

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