

Eat Smart • Move More

Black Bean and Corn Salsa

Prep Time: 10 minutes

Total Time: 10 minutes



Ingredients

- 15 ounces canned low-sodium black beans, drained and rinsed
- 15 ounces canned low-sodium corn, drained and rinsed
- 14 ounces canned low-sodium tomatoes
- 4 ounces canned green chilies, drained and rinsed (optional)
- ½ onion, chopped
- 2 tablespoons canola oil
- 2 tablespoons lime juice

Directions

- Combine beans, corn, tomatoes, chilies (if using), and onion in a mixing bowl.
- Drizzle oil and juice over salsa and mix well.
- For best flavor, let sit overnight.
- Serve with our Homemade Tortilla Chip recipe.

Nutrition Facts

4 servings per container

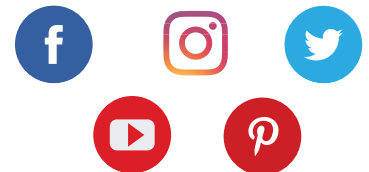
Serving size	1 serving
	(374.69g)
Amount per serving	
Calories	260
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 280mg	12%
Total Carbohydrate 41g	15%
Dietary Fiber 11g	39%
Total Sugars 7g	
Includes g of Added Sugars	
Protein 10g	
Vitamin D 0mcg	0%
Calcium 90mg	6%
Iron 3mg	20%
Potassium 762mg	15%

*The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Quick Tips

- ▶ Using fresh tomatoes, in place of canned tomatoes, can help reduce the amount of sodium.
- ▶ Try adding cumin, avocado, bell pepper, or cilantro for more flavor.
- ▶ This dish can be served as a side dish, vegetarian entrée, or snack.

Follow us | Like us



www.eatsmartmovemoreva.org

This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

This work was supported by the USDA National Institute of Food and Agriculture, Expanded Food and Nutrition Education Program. In accordance with Federal law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, disability, and reprisal or retaliation for prior civil rights activity. (Not all prohibited bases apply to all programs.)



Virginia Tech • Virginia State University

Virginia Cooperative Extension programs and employment are open to all, regardless of age, color, disability, gender, gender identity, gender expression, national origin, political affiliation, race, religion, sexual orientation, genetic information, veteran status, or any other basis protected by law. An equal opportunity/affirmative action employer.

(Recipe from Del Monte, as listed at: <https://www.whatscooking.fns.usda.gov>.)

www.eatsmartmovemoreva.org