

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
- 15 ounces canned low-sodium corn
- 15 cherry tomatoes
- 1 bell pepper
- 1 jalapeño pepper
- ½ cup onion, chopped
- 2 tablespoons canola oil
- 2 tablespoons lemon juice
- 1 teaspoon garlic powder
- 1 teaspoon black pepper



Directions



1. Dice tomatoes, peppers, and onion.



2. Cut lemon in half and juice into a bowl.



3. Drain and rinse canned corn and beans and combine in bowl.
4. Add tomatoes, peppers, and onion to bowl.



5. Drizzle oil, juice, garlic, and pepper over salsa and mix well.
6. Serve and enjoy!

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.

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

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