



# Black Bean and Corn Salsa

**Yield: 4 servings**

## Ingredients

- 15 ounces canned black beans, low or no salt added, drained and rinsed
- 15 ounces canned corn, low or no salt added, drained
- 1½ cups diced bell pepper
- 1½ cups diced tomato
- ½ cup diced red onion
- ½ cup chopped cilantro
- ¼ cup lime juice
- 1 teaspoon minced garlic
- ½ teaspoon kosher salt

## Instructions

1. Combine all ingredients together in a large bowl.



## Nutrition Information

**Serving Size:** 1½ cups  
Calories: 213  
Total Fat: 1.1 g  
Saturated Fat: 0.2 g  
Monounsaturated Fat: 0.2 g  
Polyunsaturated Fat: 0.5 g  
Sodium: 416 mg  
Total Carbohydrate: 45 g  
Dietary Fiber: 10.7 g  
Sugars: 7.6 g  
Protein: 10.5 g

Source: Adapted from Community Food Club

Presented by  
**Culinary Medicine**

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