

Corn Salsa with Black Beans and Cilantro

“Healthful Favorites” Recipe

Ingredients:

1/2 (15 ounce) can yellow corn, drained
1/2 (15 ounce) can white corn, drained
1/2 (15 ounce) can black beans, drained
and rinsed
1/2 cup finely chopped cilantro
1 cup grape tomatoes, halved
2 green onions, finely sliced

1/2 small red onion, finely chipped
1/2 red bell pepper, seeded and chopped
1 1/2 teaspoons minced garlic
1 teaspoon cumin
1 tablespoon olive oil or to taste
1/2 teaspoon red pepper flakes (optional)
Juice of one (1) lime or more to taste

Directions:

Stir the yellow and white corn, black beans, tomatoes, cilantro, green onion, red onion, bell pepper, and garlic in a large bowl. Stir in the lime juice and olive oil and serve.

Variations and Serving Suggestions:

1. Add diced avocado and serve with tortilla chips as an appetizer.
2. Add kiwi fruit (peeled and cubed) and/or mango or pineapple cubed and turn into a fruit salsa.
3. Add or substitute one (1) can garbanzo beans for black beans.
4. Substitute one (1) can of niblets corn for the yellow and white corn.
5. Serve over a bed of lettuce for a light lunch or dinner.
6. Serve over grilled, broiled, baked or pan fried fish, chicken or pork as a main entree.
7. Serve with fish, chicken or pork as a side dish.
8. Serve over tacos or enchiladas.

Serves 10-12. Calories: 35 per 1/2 cup serving, Total Fat 0.9 g, Saturated Fat 0.1g, Total Carbs 4.8 g (nutritional information is approximate)

Recipe courtesy of Kathleen Krauss Personal Chef Service (585) 727-1243.

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