

Black Bean Corn Salsa

Yield: 6 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/black-bean-corn-salsa-recipe-with-italian-dressing>

Ingredients:

- 15 ounces black beans rinsed and drained
- 2 sweet corn ears, cooked and kernels removed from cob
- 3 green onions sliced
- 1 1/2 cloves garlic minced
- 2 tomatoes large, seeded and chopped
- 1 jalapeño seeds removed and diced
- 1/3 cup chopped cilantro
- 1 lime large
- salt and pepper, to taste
- tortilla chips for dipping

Nutrition:

1. Calories: 130 calories
2. Carbohydrate: 25 grams
3. Fat: 1.5 grams
4. Fiber: 7 grams
5. Protein: 6 grams
6. Sodium: 420 milligrams
7. Sugar: 3 grams

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