

Black Bean and Corn Salsa

Yield: 4 min
Total Time: 30 min

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

Ingredients:

- 5 cups black beans cooked, or 3 14-ounce cans black beans, feel free to substitute a can of pinto or kidney beans, rinsed and drained
- 2 ears of corn shucked, or 1 can of organic corn, drained
- 6 Roma tomatoes medium, chopped, or about 30 ounces of canned chopped tomatoes, drained*
- 2 bunches green onions chopped
- 2 limes juiced
- fresh cilantro chopped. I love cilantro so I use quite a bit, about half a bunch's worth.
- white wine vinegar to taste
- 2 spice each if you want to, it up.

Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 53 grams
3. Fiber: 20 grams
4. Protein: 17 grams
5. Sodium: 940 milligrams
6. Sugar: 4 grams

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