

Black Bean Salsa Fresca



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Recipe

From the Poe Center

Title: **Black Bean Salsa Fresca**

Serves: 8 Total Time: 10 min total

Equipment: Cutting board, chef's knife, large mixing bowl,
can opener, colander

Ingredients:

- 1 can black beans, no sodium added
- 1 can corn, no sodium added
- 2 tomatoes (or 1 can diced tomatoes)
- 1 bell pepper (color of choice)
- ½ red onion (optional)
- 1 cup chopped fresh cilantro
- 1 lime, juiced
- Salt to taste

Instructions:

- Open the black beans and corn. Place into the colander and rinse well.
- Dice tomatoes, pepper, and onion into small pieces, uniform with the black beans and corn.
- Place black beans, corn, tomatoes, pepper, and onion in a large bowl and mix until combined.
- Finely chop cilantro. Combine into the vegetable mixture.
- Add the lime juice to the mixture and stir to combine. Sprinkle desired amount of salt and stir.
- Place in refrigerator until serving time.
- Serve as a dip with tortilla chips, or as a topping on tacos.



Special Tip:

Rinsing canned beans before adding them to a recipe helps reduce both the salt and the sugars that may cause gas. This salsa is also great for nachos, in a burrito or wrap, or on top of enchiladas.

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