

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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