

Black Bean and Corn Salsa

1 15-oz can black beans, drained and rinsed
1 11-oz can corn, drained and rinsed
1 red pepper, chopped
1 orange pepper, chopped
1 yellow pepper, chopped
¼ cup red onion, chopped
1 T lime juice
2-3 garlic cloves, minced
3 T red wine vinegar
3 T olive oil
3 T Fresh Cilantro, chopped

Combine ingredients in large mixing bowl. Serve with baked tortilla chips or over top grilled chicken, pork, fish, baked potato or a salad!

Serves 20. (Serving Size ¼ cup)

Calories 50 Fat 2g Carbohydrate 7g Fiber 2g Protein 2g Sodium 50mg