



# Black Bean and Corn Salsa

**Servings:** 20

**Serving Size:** 1/2 cup

## Ingredients:

- 1/3 red bell pepper washed and chopped
- 2 Tablespoons olive oil
- 1 small red onion, finely chopped
- 2 cloves garlic, chopped
- 1 large tomato, washed and chopped
- 1 stalk celery, washed and chopped
- 3 Tablespoons chopped fresh basil
- Lime juice
- 2 ears fresh corn (1 1/2 cups frozen corn)
- 2 cans (15 ounce each) black beans, rinsed and drained
- Salt
- Freshly ground pepper
- 1/2 teaspoon chili powder
- 1/2 teaspoon ground cumin

## Directions:

1. Husk corn
2. Combine all ingredients in a bowl.
3. Stir, cover, and chill.

## Nutrition Facts

Serving Size 1/2 cup  
Servings Per Container 20

Amount Per Serving

**Calories 60**      **Calories from Fat 15**

% Daily Value\*

**Total Fat 1.5g**      **2%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 135mg**      **6%**

**Total Carbohydrate 9g**      **3%**

Dietary Fiber 2g      **8%**

Sugars 1g

**Protein 2g**

Vitamin A 4%      • Vitamin C 10%

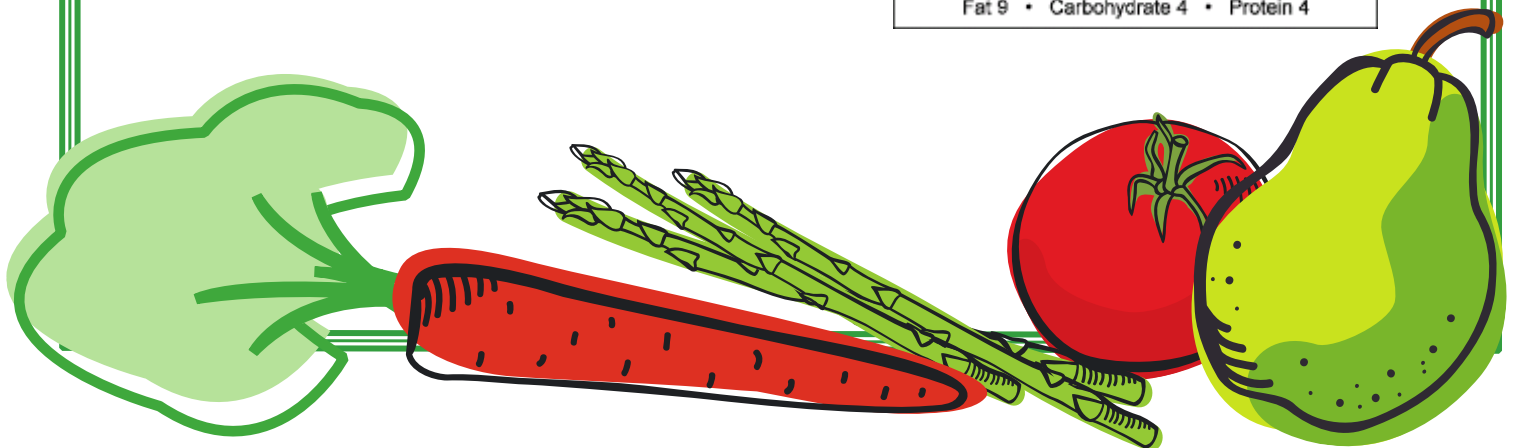
Calcium 2%      • Iron 4%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



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