



Black Bean Salad/Salsa

INGREDIENTS

- 1 15.5-oz canned, no-salt-added or low-sodium black beans (drained)
- 15-oz canned, no-salt-added or low-sodium kernel corn OR $\frac{3}{4}$ cup frozen corn (thawed)
- 1 medium bell pepper (diced) OR 1 medium tomato (diced)
- $\frac{1}{2}$ cup red onion (diced)
- 1 tsp minced garlic (from jar)
- 2 Tbsp chopped cilantro
- 2 Tbsp cider vinegar
- 3 Tbsp extra virgin olive oil
- 1 juice of lime

DIRECTIONS

1. Toss all together, chill at least one hour.



Recipe courtesy of American Heart Association