

RECIPE: Black Bean Salad (or 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 ¾ cup frozen corn (thawed)
- 1 medium bell pepper (diced)
OR 1 medium tomato (diced)
- ½ 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



Courtesy of the American Heart Association

DIRECTIONS

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