

Black Bean Salsa

Servings: 6

Recipe courtesy of the American Heart Association.

Ingredients

- 15.5 oz. can of no salt added black beans
- 1 medium bell pepper, diced
- 1 small tomato, diced
- 1 juice of lime
- 3/4 cup frozen corn, thawed
- 1/2 cup red onion, diced
- 2 tablespoons cilantro, chopped
- 2 tablespoons cider vinegar
- 3 tablespoon extra-virgin olive oil
- 1 teaspoon minced garlic from jar

Directions

1. Toss all together and chill for at least one hour.
2. Serve with low sodium or unsalted tortilla chips.

Nutrition Facts Per Serving (2/3 cup)

- Calories: 142
- Total fat: 2.5 g
- Saturated fat: 0.5 g
- Sodium: 11 mg
- Carbohydrates: 26 g
- Fiber: 5 g
- Protein: 6 g