

[Black bean and corn salsa](#)



Recipe credit

University of Minnesota Extension Department of Family, Health and Wellbeing staff

About this recipe

Serves

10

Serving size

1/2 cup

Time to make

15 minutes preparation

Special criteria

[Vegetarian recipes](#)

Ingredients

- 1 15.5-ounce can black beans or 1 3/4 cups cooked black beans
- 2 cups frozen or canned corn
- 2 cups salsa
- 1 lime, juiced
- 2 teaspoons fresh cilantro, chopped
- 1 teaspoon cumin
- Optional: 1/2 cup onion, chopped
- Optional: 1/2 cup green pepper, chopped

Directions

1. Drain and rinse corn and beans, if canned. Combine in a medium bowl.
2. Add salsa.
3. Mix in the lime juice cilantro, and cumin.
4. Mix in the optional ingredients if desired.

Tips and variations

- Make cooked black beans from scratch to save money. Follow the instructions for the quick hot soak or overnight soak method found on [Preparing dry beans and whole dry peas](#).
- Reduce your sodium intake by using low-sodium beans and corn.
- Serve salsa as a dip with tortilla chips or as a side dish.
- Leftover salsa can add excitement to a variety of foods. Try it in eggs, on pizza, on pasta, or in soup.

Nutritional info

Calories

99

Total fat

0.7 g
Saturated fat
0.1 g
Cholesterol
0 mg
Sodium
465 mg
Total carbohydrates
20.5 g
Dietary fiber
5.3 g
Protein
5.1 g
Total sugar
4.9 g

View other recipe categories

- [Beverages](#)
- [Breads](#)
- [Breakfast](#)
- [Main dishes](#)
- [Salads](#)
- [Seasonings and salsa](#)
- [Side dishes](#)
- [Snacks and sweets](#)
- [Soups](#)

You may also like

[Cowboy caviar](#)

