

Jicama and black bean 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

20 minutes preparation

Special criteria

[Vegetarian recipes](#)

Ingredients

- 1 small jicama, peeled and chopped (about 1/2 cup)
- 1 15-ounce can black beans, drained and rinsed
- 1 cup frozen corn, thawed
- 1/2 green or red bell pepper, seeded and chopped
- 1/2 onion, diced (about 1/2 cup)
- 1/3 cup light Italian dressing
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- Optional: 2 tablespoons fresh cilantro, chopped, OR 1 teaspoon dried cilantro

Directions

1. In a large bowl, combine the jicama, beans, corn, pepper, onion, and dressing. Add cilantro if desired.
2. Stir to coat all vegetables with dressing. Add salt and pepper to taste.
3. Serve immediately or cover and refrigerate several hours for flavors to blend.

Tips and variations

- This dip tastes fine without the jicama, but it adds a nice crunch to the salsa.
- Serve this salsa with tortilla chips or hearty whole grain crackers.
- This recipe can also be served as a salad.

Nutritional info

Calories

92

Total fat

2 g

Saturated fat

0.3 g

Cholesterol
0 mg
Sodium
209 mg
Total carbohydrates
16 g
Dietary fiber
5.8 g
Protein
3.1 g
Total sugar
2.6 g

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