

Corn & Black Bean Salsa



This recipe uses a combination of frozen, canned and fresh ingredients, making it quick and easy while providing a bright burst of flavor with a variety of color and textures in one dish!

YIELD 8 SERVINGS	PREP TIME 15 MIN	TOTAL TIME 30 MIN
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INGREDIENTS

2 each	Limes, zested and juiced
2 Tbsp	Olive Oil
½ tsp	Kosher Salt
½ tsp	Garlic Powder
To taste	Black Pepper, ground
3 cups	Corn, frozen, defrosted
1 (15 oz) can	Black Beans, low sodium, drained and rinsed
1 medium	Red Bell Pepper, diced small
1 each	Jalapeño, minced (optional)
4 stalks	Green Onion, sliced thinly
¼ cup (½ bunch)	Cilantro, fresh, chopped

CHEF'S NOTES

This recipe is great served with tortilla chips for dipping and it can make a light and fresh addition to green salads, stews and tacos while adding fiber and crunchy texture.

Try with broiled or grilled corn cut from the cob for added depth of flavor.

Substitute some or all of the corn with mango or pineapple for a flavor-packed way to feature fruit in a savory way.

Jalapeños are a great way to add heat. You can control the amount of spice in the dish by using the whole pepper (hotter) or removing the ribs and seeds (milder). Use however much you like!

DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. In a medium bowl, whisk together the lime juice and zest, oil, salt, pepper, and garlic powder.
3. Add the remaining ingredients to the bowl with the dressing and stir to combine. Set aside in the refrigerator for at least 10-15 minutes (overnight is okay) to allow the salad to chill and the flavors to blend.

Nutrition Facts

8 servings per container

Serving size 1/2 cup (120g)

Amount Per Serving

Calories 130

% Daily Value*

Total Fat 4g 5%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 125mg 5%

Total Carbohydrate 22g 8%

Dietary Fiber 6g 21%

Total Sugars 3g

Includes 0g Added Sugars 0%

Protein 5g 10%

Vitamin D 0mcg 0%

Calcium 30mg 2%

Iron 1.1mg 6%

Potassium 340mg 8%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe adapted from *Health meets Food*: "Cold Corn and Black Bean Salad" (1/15/19)



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