



# Bean Salsa

## Ingredients:

- 1/3 cup black beans, low sodium (drained and rinsed)
- 1/2 cup frozen corn (thawed)
- 2 tablespoons diced red onion
- 1/2 cup diced tomato
- 2 tablespoons chopped cilantro
- 1/2 teaspoon diced serrano chile
- 2 tablespoons garlic lemon vinaigrette

## Instructions:

1. Combine all ingredients and gently stir together.

## Variations:

- Try using the juice of 1 lemon or lime instead of lemon vinaigrette dressing for a lower fat alternative.
- Any type of bean can be used instead of black beans – we like white beans and black-eyed peas!
- Add some freshly diced avocado to this recipe for some extra texture and flavor.

**Prep Time:** 10 minutes

## Equipment:

large mixing bowl  
mixing spoon  
measuring cups and spoons  
knife  
cutting board  
can opener

**Servings:** 16 servings

**Serving size:** 2 Tablespoon



**Smart Moves**

**Nutrition Facts:** 20 Calories, 1.5 g Fat, 0 g Saturated Fat, 2 g Carbohydrates, 0 g Protein, 0 g Fiber, 0 g Sugar, 30 mg Sodium.

Check out our blog at [www.cookingoncampus.arizona.edu](http://www.cookingoncampus.arizona.edu) to find past recipes and a list of upcoming classes!  
For more info about nutrition and what to eat on campus, go to [www.health.arizona.edu](http://www.health.arizona.edu), click Health Promotion, then Nutrition.

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