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Black Bean and Corn Salsa

Prep Time: 20 minutes

Chill Time: 2 hours

Cost per serving: \$0.18

What you need:

Utensils:

- Measuring cups & spoons
- Cutting board & knife
- Can opener
- Large mixing bowl
- Mixing spoon

Ingredients:

- 1 15-oz can black beans, no salt added, rinsed and drained
- 1 11-oz can whole kernel corn, no salt added, drained
- 1 fresh jalapeño pepper, finely chopped
- 2 tomatoes, medium
- 1 red bell pepper, chopped
- ½ cup fresh chopped cilantro, OR 1 teaspoon dried cilantro
- ¼ cup red onion, diced
- ¼ cup fresh lime juice (about 2 limes squeezed)
- 1 teaspoon salt
- 1 avocado, chopped

What to do:

1. Wash your hands and clean your cooking area.
2. Clean the tops of canned food items before opening them.
3. Combine all ingredients in a large mixing bowl, except avocado.
4. Cover and chill for at least two hours.
5. Add avocado just before serving. Serve with chips.

Nutrition Facts	
Serving Size 1/4 cup	
Servings Per Container 24	
Amount Per Serving	
Calories 40	Calories from Fat 10
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 100mg	4%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 2g	
Vitamin A 6%	Vitamin C 20%
Calcium 2%	Iron 2%