BLACK BEAN AND CORN SALSA

SERVES 10

Preparation time: 15 minutes

INGREDIENTS

2 cans black beans or 2 cups cooked black beans
2 cups frozen or canned corn
2 cups salsa
2 teaspoons fresh cilantro, chopped
1 lime
1 teaspoon cumin

Optional add-ins:
½ cup chopped onion
½ cup chopped green pepper

DIRECTIONS

1. Drain and rinse corn and beans, if canned. Combine in a medium bowl.
2. Add salsa.
3. Mix in cilantro, juice of lime, and cumin.
4. Add optional add-ins if desired.
5. Serve salsa as a dip with tortilla chips or as a side dish.

WAYS FOR KIDS TO HELP

• CHILDREN CAN help by measuring ingredients and stirring the salsa ingredients together.

SIMPLY GOOD EATING

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