



# Black Bean & Corn Salsa

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template approved



prep time  
20 minutes



total time  
20 minutes



servings  
4-6

## Ingredients

### For the Salsa:

- 1 15 oz./450 grams can of organic black beans, drained and rinsed well (~5 servings carbs, 5 servings protein)
- 1 15 oz./450 grams can of organic yellow corn, drained and rinsed (~4 servings carbs)
- 2–3 roma tomatoes, diced (~2 veggies)
- 1 small bell pepper, stem and seeds removed, diced (~1 serving veggies)
- 1/2 small red onion, diced (~.5 serving veggie)
- 1/3–1/2 cup cup fresh cilantro, chopped (~.5 serving veggie)
- 1 jalapeño, stems and seeds removed, finely diced (~.5 serving veggie)
- 1 large avocado, diced (~2 servings fat)

### Chile Lime Vinaigrette:

- 1/4 cup olive oil or avocado oil (~4 servings fat)
- 1/4 cup lime juice, freshly squeezed
- 2 cloves garlic, finely minced
- 1/2 tsp. ground cumin
- 1/2 tsp. chili powder
- Dash of crushed red pepper flakes
- 1/2 tsp. sea salt
- 1/4 tsp. black pepper

# simple side dish

## Instructions

- 1 In a large bowl, combine all of the salsa ingredients. Set aside.
- 2 In a small bowl, combine the vinaigrette ingredients. Whisk to combine.
- 3 Pour vinaigrette over salsa ingredients. Gently toss until dressing is distributed evenly.



Best made within an hour or two of eating.

Whole recipe serving breakdown:

5 Servings Protein

9 Servings Carb

6 Servings Fat

4.5 Servings Veggies

