

# **BLACK BEAN AND CORN SALSA**

## **Recipe**

**By Pamela M. Smith, R.D**

**2 cups black beans, drained and rinsed**  
**1 cup frozen corn kernels, thawed**  
**2 plum tomatoes, diced**  
**½ red onion, minced**  
**1 Serrano pepper (or ½ jalapeno), seeded, stemmed and minced**  
**1 Tbsp. chopped fresh cilantro**  
**1 Tbsp. olive oil**  
**4 cloves garlic, minced**  
**Juice of two limes**  
**1 Tbsp. balsamic vinegar**  
**1 tsp. cumin**  
**2 tsp. hot pepper sauce**  
**1 tsp. Creole seasoning (Tony Chachere's is a favorite!)**

- 1. In a large bowl, combine all ingredients and mix well.**
- 2. Allow to marinate at least one hour before serving; store in refrigerator for up to 4 days.**

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