

CORN AND BLACK BEAN SALSA

Bariatric, Gluten Free, Higher Fiber, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 20 (Serving = 1/2 cup)

Nutrition (per serving)

Calories: 59

Total Fat: 0 g

Saturated Fat: 0 g

Sodium: 62 mg

Total Carbohydrate: 13 g

Dietary Fiber: 3 g

Protein: 3 g



Ingredients

- 2 (14 ounce cans) reduced sodium black beans, drained and rinsed
- 1 (14 ounce can) no salt added whole kernel corn, drained and rinsed
- 7 small tomatoes, chopped
- 1 small red onion, chopped
- 1 jalapeno pepper, chopped finely
- 1 small green bell pepper, chopped
- 1 medium red bell pepper, chopped
- 2 Tablespoons fresh cilantro, chopped
- 2 Tablespoons balsamic vinegar
- 1 1/2 Tablespoons brown sugar
- 2 teaspoons minced garlic
- Fresh juice from 1 squeezed lime
- Salt and pepper to taste



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Directions

1. In a large bowl, mix beans, corn, tomatoes, onion, and peppers.
2. In a small bowl, stir together rest of ingredients. Pour over salsa mixture.
3. Refrigerate for several hours before serving.

To make bariatric diet friendly:

Recommend omitting jalapenos due to spice during the first 4 weeks after surgery. No significant change in nutrition information.