



Roasted Corn Salsa

Ingredients

- 15 oz can of black beans
- 1 ½ tbsp fresh cilantro
- 1 ½ cup corn kernels
- 1 clove garlic
- ½ cup roasted red pepper
- ½ cup red onion
- 1 can Rotel Diced Tomatoes and Chopped Green Chilies
- 3 tbsp lime juice
- ¼ tsp salt
- 2 tsp canola oil
- ¼ tsp ground cumin

Directions

1. Heat oil in a large nonstick skillet over medium-high heat.
2. Add garlic and cook for about 30 seconds, stirring until fragrant
3. Add corn and cook, stirring occasionally until browned. This should take about 8 minutes.
4. Transfer corn mixture to a large bowl.
5. Stir in beans, onion, roasted red pepper, lime juice, Rotel tomatoes, cilantro, cumin and salt.
6. **Make Ahead Tip:** Cover and refrigerate for up to 8 hours. Serve at room temperature and Enjoy!

Healthy Tip: Use fresh or frozen corn instead of canned to reduce sodium.

Calories 214

Total Fat 3 g

Saturated Fat 0 g

Cholesterol 0 mg

Sodium 1,794 mg

Total Carbohydrate 40 g

Dietary Fiber 10 g

Sugars 12 g

Protein 10 g