

# Fresh Corn and Bean Salsa

## Ingredients:

- 1 (16-ounce) can black beans (reduced sodium), drained and rinsed
- 2 c. corn (cut from cob or frozen)
- 2 c. chunky salsa (mild or medium)

## Directions:

- Drain and rinse beans. Cut the corn from the cob (or substitute frozen corn). Combine ingredients and refrigerate until serving. Serve with baked chips or whole-grain crackers.
- Note: This recipe is not suitable for canning at home.

*Makes 12 servings. Each serving has 90 calories, 17 grams (g) of carbohydrate, 0 g of fat, 5 g of fiber and 230 milligrams of sodium.*

Featured in:

<http://www.ag.ndsu.edu/news/columns/prairie-fare/prairie-fare-use-safe-containers-for-canning-preparing-foods>

**NDSU** EXTENSION  
SERVICE