

Cilantro Salsa

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1 can (15 ounce) black beans, rinsed and drained

1 can (11 ounce) whole kernel sweet corn, drained

1 large (one cup) tomato, chopped

2 tablespoons lime juice

1 tablespoon olive or vegetable oil

1/2 cup fresh cilantro, chopped

1/4 cup red onion, chopped

2 teaspoons ground cumin

1 teaspoon sugar

1/4 teaspoon salt

Preparation Time: 30 minutes

In a bowl, stir together the black beans, corn, tomato, lime juice, olive oil, cilantro, onion, cumin, sugar and salt. Cover.

Refrigerate until needed.

Per Serving (excluding unknown items): 744 Calories; 4g Fat (4.8% calories from fat); 44g Protein; 139g Carbohydrate; 32g Dietary Fiber; 0mg Cholesterol; 567mg Sodium. Exchanges: 8 Grain(Starch); 2 1/2 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 0 Fat; 1/2 Other Carbohydrates.