

# Pineapple Salsa

*AllRecipes.com - June/July 2019*

## **Servings: 6**

*1 can (15 ounce) black beans, rinsed and drained  
1 cup chopped fresh pineapple  
1 cup frozen corn kernels, thawed  
1/2 cup chopped red bell pepper  
1/2 cup chopped green bell pepper  
2 jalapeno peppers, stemmed, seeded and finely chopped  
1/4 cup finely chopped onion  
1/4 cup chopped fresh cilantro  
1/4 cup orange juice  
1/2 teaspoon cumin  
1/2 teaspoon salt  
1/4 teaspoon black pepper*

In a large bowl, stir together all of the ingredients.

Chill, covered, up to two days until ready to serve.

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Per Serving (excluding unknown items): 163 Calories; 1g Fat (4.8% calories from fat); 8g Protein; 33g Carbohydrate; 7g Dietary Fiber; 0mg Cholesterol; 182mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 0 Fat.