

# UNIVERSITY OF MARYLAND EXTENSION

## Black Bean and Corn Salsa

**Servings: 10**

### Ingredients:

1/3 red bell pepper washed and chopped  
 2 Tablespoons olive oil  
 1 small red onion, finely chopped  
 2 cloves garlic, chopped  
 1 large tomato, washed and chopped  
 1 stalk celery, washed and chopped  
 3 Tablespoons chopped fresh basil  
 Lime juice  
 2 ears fresh corn (or 1 1/2 cups frozen corn)  
 2 cans (15 ounce each) black beans, rinsed and drained  
 Salt  
 Freshly ground pepper  
 1/2 teaspoon chili powder  
 1/2 teaspoon ground cumin

### Directions:

1. Husk corn
2. Combine all ingredients in a bowl.
3. Stir, cover, and chill.

### Nutrition Facts

10 serving per container  
**Serving size** 1/2 cup

#### Amount Per Serving

**Calories** **130**

**% Daily Value\***

**Total Fat** 3g **4%**

Saturated Fat 0g **0%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 125mg **5%**

**Total Carbohydrate** 20g **7%**

Dietary Fiber 7g **25%**

Total Sugars 2g

Includes 0g Added Sugars **0%**

**Protein** 6g

Vitamin D 0mcg **0%**

Calcium 39mg **4%**

Iron 2mg **10%**

Potassium 408mg **8%**

\* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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