



BLACK BEAN CORN SALSA

INGREDIENTS

- 1 15 oz can of black beans, drained and rinsed
- 2 cups of tomatoes, diced, seeds removed
winter: grape; summer: plum/roma
- 10 oz bag frozen corn, thawed
summer: remove kernels from grilled corn on the cob
- 1/3 c diced red onion
- 1/3 c chopped cilantro
- 2 tbsp each of fresh lemon juice, vinegar, and olive oil
- 1 large, ripe avocado, diced
- salt to taste

DIRECTIONS

- 1.** Prepare all ingredients. Mix all but the avocado in a large bowl. Once mixed, fold in the avocado.
- 2.** Adjust the ingredients to your liking - none need to be exact. Can substitute diced red pepper for tomatoes. Add salt to taste. Chill for about an hour prior to serving.