

Heart Healthy Recipes

from Gwinnett Medical Center



Black Bean and Corn Salsa

- 1 (15 ounce) can yellow corn, drained
- 1 (15 ounce) can white corn, drained
- 2 (15 ounce) cans black beans, drained and rinsed
- 1 (14.5 ounce) can Italian-style diced tomatoes, drained
- 1 bunch finely chopped cilantro
- 5 green onions, finely sliced
- 1 small red onion, finely chopped
- 1 red bell pepper, seeded and chopped
- 1 tablespoon minced garlic
- 1/4 cup lime juice
- 1 avocado - peeled, pitted and diced
- 2 tablespoons olive oil, or to taste

Preparation:

Stir the yellow and white corn, black beans, tomatoes, cilantro, green onion, red onion, bell pepper and garlic in a large bowl. Gently mix in the lime juice and avocado. Drizzle with olive oil to serve.

Per serving: Calories 19, Total Fat 0.9g, Cholesterol 0 mg