

Tomato, Corn and Black Bean Salsa



Ingredients

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| 1 cup seeded, finely-chopped fresh tomatoes | 1 tablespoon freshly-squeezed lemon juice |
| ½ cup black beans, rinsed and drained | |
| ½ cup fresh corn kernels, cut off cob, or frozen kernels, thawed | 1-2 teaspoons hot pepper sauce or a few dashes of Tabasco (optional) |
| ¼ cup finely minced red onion | Salt and freshly ground black pepper, to taste (optional) |
| ¼ cup finely minced cilantro leaves | |
| 2 teaspoons extra virgin olive oil | |

Nutrition Facts

Serving Size: 1/2 cup

Calories: 63
(28.5% from fat)

Fat: 2g (saturated 0g)

Carbohydrate: 9g

Protein: 2g

Fiber: 2g

Sodium: 138mg

In medium bowl, combine all ingredients. Serve chilled or at room temperature.

*Source: American Institute for Cancer Research
Picture may not represent actual recipe.*

Serves 5

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