

Black Bean Salsa



Ingredients:

- 1-15 ounce can black beans, rinsed and drained
- 3/4 cup chunky salsa
- 2/3 cup frozen whole corn, thawed
- 1/3 cup minced fresh cilantro
- 4 teaspoons olive oil
- 6 tablespoons nonfat sour cream

Directions:

1. Combine beans, salsa, corn, and cilantro in medium bowl.
2. Cover with plastic wrap, refrigerate 1 hour.
3. Bring to room temperature before serving.
4. Top each serving with one tablespoon of nonfat sour cream.
5. Serve with polenta or with chips.

Makes 6 servings.



Tarrant County Public Health
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