

## Corn -N- Black Bean Salsa



### Ingredients:

- 4 ears corn, kernels removed
- 1 can black beans, drained and rinsed
- 1 medium green pepper, seeded and chopped
- 1/2 cup red onion, chopped
- 1/4 cup cilantro, chopped
- 2 tomatoes, chopped
- 2 cloves garlic, chopped
- 2 tablespoons lemon juice or vinegar
- 1/2 teaspoon pepper
- 1/4 teaspoon salt

### Directions:

1. Combine all ingredients in a large bowl.
2. Refrigerate for at least 1 hour before serving.

Makes 8 servings.



**Tarrant County Public Health**  
<http://health.tarrantcounty.com>