

Summertime Salsa



3 (15 ounce) cans black Beans, drained and rinsed
1 (11 ounce) can Mexican-style corn, drained
2 (10 ounce) cans diced tomatoes with green chile peppers, partially drained
2 tomatoes, diced
2 bunches green onions, chopped

Instructions:

1. In a large bowl, mix together black beans, corn, and diced tomatoes with green chile peppers.
2. Add freshly diced tomatoes and onion. Mix gently, cover, and refrigerate for at least 8 hours before serving.

Serving Suggestion: Garnish with cilantro leaves and lemon wedges. Reduced fat or baked chips optional.

Makes 40 servings.

Nutritional breakdown per serving:

Cal 41,

Pro 2.4g,

Carb 8.2g,

Fat .2g,

Fiber 2.5.