

# Freezer Friendly Black Bean Fiesta Salsa

Serves: 8

Modified from: <https://www.culinaryhill.com>

**Items Needed:** cutting board, kitchen knife, can opener, colander, measuring cups, measuring spoons, mixing bowl

## Ingredients:

- 1 (15 ounce) can reduced sodium black beans, drained and rinsed
- 1 (14 ounce) can no salt added corn, drained
- 1 medium tomato diced
- 1 green bell pepper diced
- ½ cup red onion diced
- 1 clove garlic minced
- 2 tablespoons fresh cilantro chopped
- ¼ cup olive oil
- ¼ cup red wine vinegar
- 2 tablespoons fresh lime juice (from 1 lime)
- ¼ tsp salt

## Directions:

1. In a large bowl, combine beans, corn, tomatoes, bell pepper, onion, garlic, and cilantro.
2. Add olive oil, red wine vinegar, lime juice, and salt. Stir to combine.
3. If planning to serve same day, cover and chill for 30 minutes in the fridge prior to serving to let flavors blend.
4. If planning to freeze, place salsa in a freezer safe container and place in freezer. When ready to eat, let thaw in the fridge overnight. Stir contents if needed to re-distribute dressing. (Can remain in the freezer for 1 month)
5. Serve with tortilla chips or as an accompaniment to grilled meats.

## Nutrition Information (per ½ cup serving):

Calories: 136 Fat: 6.5 g Carbs: 15g Protein: 5 g Fiber: 4 g **Sodium:** 135 mg

Provide the above nutrition specs. If not provided from your recipe source, use USDA food composition database located at <https://ndb.nal.usda.gov/ndb/>

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