INGREDIENTS
• 15-oz can diced tomatoes, drained (or 2 cups fresh)
• 1 jalapeño, diced small (or salsa instead of tomatoes)
• 15-oz can black beans, drained and rinsed
• 15-oz can corn, drained
• 2 cloves garlic, minced (or 1/4 tsp garlic powder)
• 1 onion, diced (or 1/4 tsp onion powder)
• 1/4 - 1/2 cup cilantro leaves, chopped (or 1 tsp dry)
• 2-4 Tbs lime juice
• 1/4 tsp salt

OPTIONAL INGREDIENTS
• 1 Tbs adobo sauce
• Avocado, diced
• Cheese, shredded or crumbled (like Cotija)
• tortilla chips

DIRECTIONS
1. Combine tomato, black beans, corn, garlic and onion.
2. Add half of: jalapeño, cilantro, lime and salt; taste.
3. Add more based on your taste preferences.

NUTRITION POWERHOUSE: When served with avocado and cheese, this salsa is so hearty it contains all 5 food groups! Avocado has healthy fats, corn complex carbs, and beans protein. Plus, plenty of fiber and flavor in this plant-based fiesta!
SYNERGY: Vitamin C from lime and jalapeño (fresh has more) help your body use more of the iron from beans.
SERVING SUGGESTIONS: Eat with chips, or use as topping for tacos, salads, meats, wraps.