



# Walk Kansas

*a fitness challenge*

## **Spicy Black Bean and Corn Salsa**

Makes 9 -10 servings

### **Ingredients:**

- 1 16 oz. can black beans
- 1 16 oz. bag frozen corn kernels
- ½ cup chopped fresh cilantro
- ¼ cup chopped green onion
- ¼ cup chopped red onion
- 1/3 cup fresh lime juice
- 3 tablespoons vegetable or olive oil
- 1 tablespoon ground cumin
- ½ cup chopped tomatoes
- salt and/or pepper to taste

### **Directions:**

1. Rinse and drain beans. Combine all ingredients but tomatoes.
2. Chill for 2 hours, add tomatoes and serve.

Nutrition Information (1/2 cup serving): Calories – 120; Fat – 5 grams; Sodium – 160 mg; Carbohydrate – 18 grams;