Salsa Bean and Corn Dip

Ingredients

1 (15 ounce) can black beans, drained and rinsed
1 (16 ounce) can whole kernel corn, drained and rinsed
1-2 cups chunky salsa
Juice from 1/2 lime or about 1/3 cup lime juice
Optional: Chili powder (1 teaspoon to 1 Tablespoon),
Fresh cilantro (about ½ cup), chopped

Directions

1. Stir together. Refrigerate (flavor improves if it can sit for several hours).
2. Serve hot or cold with baked tortilla chips, in a tortilla (with cheese, as a meal) or use to top your favorite Mexican dishes.

Makes 4 servings

Nutrition information per serving
(2 tablespoons):
92 calories, 4g fat, 3g protein
12g carbohydrates, 128mg sodium