

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