



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# BLACK BEAN & CORN SALSA

## INGREDIENTS

1 can of black beans (rinsed)  
1 can of corn (rinsed)  
1 can of crushed tomatoes (rinsed)  
Garlic Powder to taste  
Olive oil- splash

### Optional:

½ red onion  
1 jalapeno  
10 sprigs of cilantro  
Juice of a lime



## DIRECTIONS

1. Open cans of black beans and corn. Dump into colander. Rinse until water runs clear.\* If you are not using a colander, drain the liquid from the can, fill the can back with water and drain again. Repeat as necessary.
2. Put beans and corn into a large bowl.
3. Open can of tomatoes and repeat step 1 or 1a
4. Mix tomatoes into beans and corn.
5. Add garlic powder and olive oil to taste
6. Enjoy on a salad or on low sodium, whole wheat chips!

**Rinsing the contents of canned food can reduce the sodium content by up to 60%. Lowering sodium intake is crucial for individuals who are at risk for high blood pressure and heart disease. Doing something as simple as rinsing your canned goods can make a big difference!**

**This entire recipe, when purchased at ALDI, can be made for \$ 1.50.**