

Market District Demo Recipes

Appetizer



THE OHIO STATE
UNIVERSITY

WEXNER MEDICAL CENTER

Freezer Friendly Black Bean Fiesta Salsa

Serves: 8

Modified from: www.CulinaryHill.com

Items Needed: cutting board, knife, can opener, colander, measuring spoons, measuring cups, mixing bowl

Ingredients:

- 1 (15 ounce) can reduced sodium black beans, drained and rinsed
- 2 ears of corn, husked
- 1 medium tomato, diced
- 1 green bell pepper, diced
- ½ red onion, diced
- 1 clove garlic minced
- 2 Tablespoons fresh cilantro, chopped
- ¼ cup olive oil
- ¼ cup red wine vinegar
- 2 Tablespoons fresh lime juice (from 1 lime)
- ¼ teaspoon salt

Directions:

1. Bring a large pot of water to a boil. Drop corn cobs into boiling water, reduce heat, cover, and cook for 5 minutes or until cooked through. Remove cobs from pot and let cool. Remove corn kernels and set aside in a small bowl.
2. In a large bowl, combine beans, corn, tomatoes, bell pepper, onion, garlic and cilantro.
3. Add olive oil, red wine vinegar, lime juice and salt. Stir to combine.
4. If planning to serve same day, cover and chill for 30 minutes in the fridge prior to serving.
5. If planning to freeze, place salsa, minus the oil mixture, in a freezer-safe container and place in freezer. When ready to eat, let thaw in the fridge overnight. Place salsa ingredients in a bowl and combine with dressing ingredients (can remain in freezer for 1 month).
6. Serve with tortilla chips or as an accompaniment to grilled meats.

Nutrition Information (per ½ cup serving):

Calories: 136 Fat: 7 g Carbs: 15 g Protein: 5 g Fiber: 4 g Sodium: 135 mg