

Black Bean and Corn Salsa

Show: Feb 20th

Ingredients : Yields 3+ cups

1 cup Cooked Black Beans room temp (recipe follows)
3 ears Yellow Corn, fresh, blanched 3 minutes, kernels scraped from the cob
2 Peppers, Jalapeno or Serrano, deseeded and roasted and chopped
1-2 cloves Garlic, roasted and mashed
1/4 cup Onions, red, diced
2 Tbls. Red Bell Peppers, finely diced
1/2 tsp. Cumin Seeds, toasted (optional)
1/2 tsp. Salt
1 Tbls. Lime or Lemon Juice
1 Tbls. Cilantro, chopped (optional)
2 Tbls. Pine nuts, toasted
1 Tbls. Olive Oil

Procedure:

Mix all ingredients together in a large bowl.

[« Back to List of Recipes](#)