

## 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](#)