

## Week 4: **Black Bean and Tomato Corn Summer Salsa**

**Total Servings: 10**

**Calories per serving: about 140**

**Cost per serving: \$1.15**

### **Ingredients:**

1 (15 ounce) can of black beans rinsed and drained  
1 (11 ounce) can whole kernel sweet corn, drained  
4 Roma tomatoes, seeded and chopped  
1 small red bell pepper, diced  
1 jalapeno pepper, seeded and minced  
1/3 cup chopped fresh cilantro  
¼ cup diced red onion  
¼ cup of fresh lime juice  
2 tablespoons red wine vinegar  
1 teaspoon salt  
½ teaspoon ground black pepper  
2 avocados, diced

### **Preparation:**

Mix together black beans, corn, tomatoes, pepper, jalapeno pepper, and onion in a large bowl. Add cilantro, lime juice, vinegar, salt and pepper, and mix again. Add avocado and lightly mix together. Enjoy!