



Black Bean Salsa

This salsa is ideal for topping baked potatoes or for scooping up with tortilla chips, but I like to eat it straight up by the spoonful too. Enjoy!

Ingredients

1 small can black beans (398mL, about 1 1/2 cups), drained and rinsed
1/2 cup frozen edamame, defrosted
1/2 cup frozen corn, defrosted
8 cherry or grape tomatoes, quartered
2 Tbsp diced red onion
2 Tbsp canola oil
2 Tbsp chopped fresh cilantro leaves (or more to taste)
1 Tbsp diced jalapeno pepper (or more to taste)
1 tsp sea salt
1 small clove garlic, minced
Juice of 1 fresh lime (about 2 Tbsp)

Instructions

Put all ingredients into a small bowl and gently stir until mixed.

Note: Salsa can be made a day ahead and refrigerated; just add the tomato and cilantro just before serving.

Tip: Double this recipe and it can be a simple veggie side for supper.