

## **Black Bean and Corn Salsa**

Leslie Warmke, MG

- 1 can black beans, rinsed and drained
- 1 cup fresh or frozen corn  
(if using frozen, thaw first)
- 1/4 cup fresh cilantro or parsley, chopped
- 1 tsp. Green Pepper Tabasco Sauce or to taste
- 1 lime, juice and zest
- 1 tsp. ground black pepper
- 1 tsp. cumin
- 1 cup red and yellow cherry tomatoes, quartered

*This makes about 2 cups. Serve with corn ships or as a side with meat.*

Combine all ingredients in a small bowl and stir well. Let sit for 30 minutes or so to allow the flavors to blend.