

# MEXICAN BEAN SALSA

*Gluten Free, Higher Fiber, Lower Saturated Fat, Vegetarian*

*Serves: 1 cup*

## **Nutrition (per serving)**

Calories: 347

Total Carbohydrate: 43

Total Fat: 16 g

Dietary Fiber: 13 g

Saturated Fat: 2 g

Protein: 12 g

## **Ingredients**

1 (15oz) can black beans, drained and rinsed

1 (15oz) can garbanzo beans (chickpeas) drained

2 cups frozen corn kernals

1/2 medium red onion, finely diced

1 Tbsp chopped cilantro

2 jalapeno peppers, seeded and minced (use gloves)

1 red bell pepper, seeded and diced

1 avocado, peeled, pitted, and diced

1/4 cup olive oil  
3 Tbsp lime juice  
1/2 tsp honey  
1 tsp ground black pepper  
salt to taste

### **Directions**

1. In a large bowl, combine all ingredients, except avocado. Mix well.
2. Refrigerate and allow flavors to blend. Tastes best when refrigerated overnight.
3. Add diced avocado and toss, just before serving.
4. Serve on a lettuce leaf for a refreshing salad (the nutrition facts reflect this). Or with baked tortilla chips for a party dish.