

JUNE'S SALSA RECIPE

June 1, 2012

2 Ears Fresh Corn cut from cob
1 can Black Beans drained (do not rinse)
1 Large tomato, diced
Red or Green Onions, finely chopped, to taste
Jalepeno Pepper (fresh or canned) remove seeds & chop, to taste
Juice of 3-4 limes, to taste
Cilantro (fresh or dried), to taste
Salt & Pepper, to taste

Mix all ingredients and refrigerate until used. Avocado may be added, if desired. Serve with whole grain tortilla scoops.

Yield: Approximately 3 cups