



## ***Salsa Bean Appetizer***

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**Serves 12**

**Mix in small bowl and set aside.**

¼ cup cilantro leaves, chopped (optional)  
3-4 Tbsp lime juice  
2 Tbsp olive oil  
2 Tbsp vinegar  
1 tsp salt  
½ tsp pepper

**In large bowl mix together:**

2 cans black beans, drained  
1 can white corn, drained

**Add:**

1 or 2 avocados, diced  
5 Roma tomatoes, seeds removed, diced  
1 small red onion, minced

Pour oil/vinegar mixture over the salsa. Mix well. Refrigerate until ready to use. Serve with tortilla chips or as a garnish.

**Nutritional Analysis**

Serving Size: 1/12 recipe

|               |       |
|---------------|-------|
| Calories      | 162   |
| Fat           | 8g    |
| Saturated Fat | 1g    |
| Cholesterol   | 0mg   |
| Sodium        | 386mg |
| Carbohydrates | 21g   |
| Dietary Fiber | 7g    |
| Sugars        | 1g    |
| Protein       | 6g    |

**Diabetic Exchanges**

|              |     |
|--------------|-----|
| Fat          | 1.5 |
| Carbohydrate | 1.5 |
| Protein      | 1   |