

Starters, Sides, and Complements

Black Bean Salsa

**Vegan, Gluten-Free*

This recipe can be prepared in a short amount of time. Use the beginning of this recipe as a base and build on it in order to create a quick meal. Or serve it as a dip as a starter to a meal.

You'll Need

- 1, 14.5 ounce can black beans, drained (or use black beans that have been cooked from the dried state)
- 1, 14.5 ounce can corn drained (or use fresh corn)
- 1, 12 ounce jar salsa
- ¼ cup cilantro, chopped
- 1 ½ tablespoon fresh lime juice

Directions

- Mix all of the above together and use this as your base.
- Serve on top of a salad, or baked potato. Or serve, in a wrap, or in a taco shell. Or serve as dip with some corn chips.

Play with Your Food

- Add some chopped vegetables or fruit such as bell pepper, carrots, yellow onion, red onion, green onion, avocado, tomato or mango.
- Add some cooked chicken or fish or shrimp.
- Add a chopped chili or jalapeno for a spicy flavor. Or add some chili powder.



Medwell Kitchen Tested