Black Bean and Corn Salsa

Ingredients:
- 1 cup cooked or canned black beans, drained
- 1 cup cooked corn kernels
- 1 cup chopped, seeded tomatoes
- 1/3 cup diced sweet or green onion
- 1/4 cup diced roasted red pepper
- 1 tbsp chopped fresh coriander or parsley
- 1 large clove garlic, minced
- Salt and pepper to taste

Preparation:
In a bowl, combine all the ingredients, stirring gently to mix well. Can be refrigerated, covered, for up to 3 days.

Makes 3-1/2 cups of salsa

An excellent way to incorporate corn into an appetizer for any party! ¹

References:

The Health Benefits of Corn

Corn contains many nutrients that are beneficial to your health. Find ways to incorporate corn into your diet so that your summer meals are not only delicious, but nutritious too!

Corn on the cob is a delicious side to any barbequed meal. In addition, many of its nutrients are linked to specific health benefits, such as:

- Folate – decreases risk of neural tube defects and promotes cardiovascular health
- Fibre - helps prevent constipation, helps with blood sugar control, helps reduce cholesterol which reduces risk of heart disease
- Lutein and Zeaxanthin - may prevent age-related macular degeneration and promote healthy vision²

Corn also contains Vitamins A, C, B-12, B-6, magnesium and potassium.
In a 7” cob there are approximately 100 calories and 2.5 grams of fibre (approximately 100 g or ½ cup kernels).

It is a source of complex carbohydrates and is low in fat and sodium. Hold the butter and salt, and keep your portion in check, and you’ve got a delicious healthy addition to any meal.

Suggestions of how to add corn to your diet

- Cut cooked kernels off cob and add to a salad
- Add corn to any Mexican meal such as fajitas
- Shepherd’s pie with corn
- Corn kernels as the starchy side dish to a BBQ meal
- Try our recipe for black bean and corn salsa!

How to Barbeque Corn on the Cob:

Leave husks on the cob. To protect the corn from burning, wrap the husks in aluminum foil. You can also soak the husks in cold water for 30 minutes before cooking. Corn should take 15-20 minutes to cook.⁴