

Effortless Salsa Bean and Corn Dip

4 servings

What you need:

- 1 cup frozen corn, thawed
- 1 (15 oz) can of black beans, rinsed & drained
- 1 small jalapeño* pepper, chopped
- 1 medium tomato, diced
- 1 small onion, diced
- ¼ cup red wine vinegar
- 2 Tbsp canola or olive oil

*If you can't handle too much heat, remove the seeds of the jalapeño (add them for extra hotness!). Also, be careful not to touch your eyes after chopping jalapeños, the heat of the pepper can burn them.

All you do:

1. Throw everything in a medium bowl and mix.
2. Refrigerate for one hour to let the flavors mix.
3. Serve with baked tortilla chips, roll up in a whole wheat tortilla for a filling wrap or enjoy in a wheat pita half lined with lettuce.

Nutrition facts per serving, about ¼ cup: 190 calories, 8g total fat, 0.5g saturated fat, 0g cholesterol, 200mg sodium, 28g carbohydrates, 7g dietary fiber, 7g protein

