

Tomato Salsa with Black Beans

MAKES 13 SERVINGS (¼ CUP PER SERVING)

2 cups chopped fresh tomatoes
 1 can (15 ounces) black beans, drained and rinsed
 ⅓ cup diced red bell pepper
 ¼ cup chopped green onion
 1 clove garlic, minced
 1 tablespoon jalapeño peppers, minced
 1 teaspoon chili powder
 ½ teaspoon ground cumin
 ½ teaspoon dried basil
 ¼ teaspoon black pepper
 ¼ teaspoon salt
 1 tablespoon olive oil
 1 tablespoon red wine vinegar
 4 tablespoons fresh lemon juice

1. Mix all ingredients in a bowl.
2. Marinate in the refrigerator for 2 to 3 hours to combine flavors.

Serve with baked tortilla chips. The salsa can be stored in the refrigerator in a sealed container for one week.

Nutrition information per serving (¼ cup):

34 calories | 2 gm protein | 5 gm carbohydrate | 2 gm dietary fiber
 1 gm fat | 0 gm saturated fat | 0 mg cholesterol | 75 mg sodium