



## Black Bean & Corn Salsa

We love making various types of salsa. This one is a favorite and is loaded with lots of fresh veggies, herbs and protein! We even added some finely chopped broccoli to get an extra serving of veggies in there!

**Yield: About 3 cups**

### Ingredients:

- 1 can (15 oz) organic black beans, drained and rinsed
- 1 cup fresh corn, cut off cob or frozen corn thawed
- 1/2 cup fresh cilantro, finely chopped
- 1 red, orange or yellow bell pepper, diced
- 1/4 cup red onion or green onions diced
- 1 cup finely chopped broccoli
- 1 tsp ground cumin
- Zest and juice of 2 limes

### Directions:

1. In a large bowl, combine the black beans, corn, bell pepper, broccoli, cilantro and onion and cumin.
2. Zest and juice limes. Add zest and pour lime juice on salsa and toss well to combine.
3. Season with salt. Serve with flax crackers or tortilla chips.

Serving Option: Spread a tortilla with avocado spread (avocado mashed with lime juice and salt). Top with Salsa. Wrap up and serve!