

Black Bean, Corn and Jicama Salsa



Makes:

5 cups, 4 tablespoons per serving

Utensil:

Saladmaster Food Processor
10" Chef's Gourmet Skillet
medium mixing bowl

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Recipe:

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Recipe Description:

A nutritious appetizer or tortilla filling that brings only good things to your body. Low calories, low-fat, zero cholesterol, low-sodium, no sugar - and the best part is that it's irresistibly delicious!

2 cups
corn kernels
(330
g)
1 ½ teaspoons
sea salt
(9
g)
pinch black pepper
4 tablespoons
lime juice
(60
mL)
1 teaspoon
cumin
(3
g)
1 teaspoon
coriander
(3
g)
2 teaspoons
brown sugar, packed
(9
g)
15 ounces
black beans, rinsed and drained
(425
g)
1 cup
jicama, peeled and strung, use Cone #2
(120
g)

¼ cup
red onion, strung, use Cone #2
(40
g)
2 tablespoons
green chilies, diced
(30
g)
⅓ cup
cilantro, chopped
(15
g)

Directions:

1. Preheat skillet over medium heat. When several drops of water sprinkled on the pan skitter and dissipate, lower heat to medium low and place corn in pan. Sauté, stirring, until browned, approximately 3 minutes.
2. In medium bowl combine salt, pepper, lime juice, cumin, coriander and brown sugar.
3. Add corn and remaining ingredients into the medium bowl with dressing and stir to thoroughly blended.
4. Allow to marinate at least 1 hour.

Tips:

- Serve with chips or toasted tortillas. To toast tortilla, heat small skillet, place tortilla into skillet and cook for 30 seconds. Turn and toast other side. Fold into quarters and place on serving plate with black bean salsa.

Nutritional Information per

▼ Serving

Calories: 49
Total Fat: 0g
Saturated Fat: 0g
Cholesterol: 0mg
Sodium: 205mg
Total 10g
Carbs:
Dietary Fiber: 3g
Sugar: 1g
Protein: 2g