

## 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