

**Boston Medical Center
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263
Food Demonstration Kitchen: (617) 414-3840 or www.bmc.org



GRILLED CORN AND BLACK BEAN SALSA

About 10 servings

Ingredients:

- 2 ears fresh corn*
- Vegetable oil spray
- 1 (15-ounce) can black beans, drained and rinsed
- 2 medium tomatoes, diced **or** 1 (15-ounce) can diced tomatoes
- ¼ cup minced onion
- ¼ cup chopped fresh cilantro
- 1 teaspoon minced garlic
- 1 teaspoon ground cumin
- ½ teaspoon chili powder
- ½ teaspoon salt (optional)

Directions:

1. Shuck the corn, spray with vegetable oil spray, and grill on medium high heat, turning, until slightly browned, about 10 minutes. Let cool and cut corn from the cob.
2. Combine all ingredients in a large bowl.
3. Cover and refrigerate several hours to blend flavors.
4. Serve with baked tortilla chips.

Recipe Note: *Can substitute fresh corn with 1 (15-ounce) canned corn, drained **or** 2 cups frozen corn, thawed

Nutritional Information: (does not include chips)

Serving Size approximately ½ cup; Calories 80; Total Fat 1g; Saturated Fat 0g; Cholesterol 0mg; Sodium 155mg; Carbohydrates 18g; Fiber 2g; Protein 2g