

BLACK BEAN SALSA

This is a forgiving recipe and is really more of a guide. I often use only 1 can of black beans with the same amount of everything else since there are just 2 of us in the household.

Ingredients:

1/3 cup chopped red bell pepper
1/3 cup chopped red onion
1/4 cup chopped cucumber
1/4 cup diced tomato
2 Tbsp. chopped celery (I add more!)
2 Tbsp. finely chopped seeded jalapeno pepper (optional)
1 Tbsp. chopped fresh basil (and/or cilantro)
2 Tbsp. olive oil
2 Tbsp. balsamic vinegar (I like white balsamic, it has a softer flavor)
1 Tbsp. fresh lime juice
1.5 teaspoons fresh or dried thyme
1/2 tsp. salt
1/2 tsp. ground cumin
1/2 tsp. chili powder
1/4 tsp. black pepper
3 garlic cloves minced
1 (15 oz.) can black beans, rinsed and drained
1 can corn, rinsed and drained

Directions:

Combine all ingredients in a medium bowl, stir well. Cover and chill (2 hours, if there's time).

Based on Recipe courtesy Cooking Light (Crittenden Kennedy, Killeen, TX)