

Corn and Blackbean Salsa

1 can (15 oz) black beans, rinsed and drained
1 can (14-1/2 oz) salsa-style chunky tomatoes
1 can (7 oz) whole kernel corn, drained
1-1/2 tsp. hot chili powder
1/2 tsp. salt

Process beans and tomatoes in a food processor or blender until finely chopped. Stir in remaining ingredients.

Makes 3 cups.

Per 1/4 cup serving: 43 cal, 0 g fat