

## Black Bean Salsa

1 (15) can of black beans, rinsed & drained  
1 cup seeded, chopped tomato  
1/2 c frozen whole kernel corn, thawed  
1/2 cup chopped red onion  
1/4 cup chopped fresh cilantro  
1 serrano pepper, seeded and chopped  
1 clove garlic, minced  
1 T balsamic vinegar  
1/8 teaspoon salt (optional)  
1/8 tsp pepper

Combine all ingredients together in a medium bowl; toss well. Let stand 1 hour. Serve with unsalted pita or corn chips.

Yields: 3 1/2 cups (7 calories per tablespoon, 0.4 g protein, 0 g fat, 1.3 g carbs and 25 mg sodium)