



Illinois Extension
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

Recipe provided by:

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Serving McLean, Livingston, & Woodford Counties

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Easy Avocado Black Bean Salsa



2 avocados, pitted, peeled
1 (15.5 oz.) jar salsa
1 (15.5 oz.) can no add salt black beans,
drained and rinsed

1 (15.25 oz.) can no added salt white
corn, drained
1/3 cup chopped fresh cilantro

Instructions: In a medium bowl, mash avocado with the back of a fork. Add salsa, black beans, corn and fresh cilantro and stir until well combined. Cover and refrigerate until ready to use.

Yield: 8 servings (1/4 cup each)

Nutrition Facts (per serving): 150 calories, 6 grams fat, 400 milligrams sodium, 22 grams carbohydrate, 6 grams fiber, 5 grams protein