



### Activity # 3 - Corn & Black Bean Salad or Salsa

This recipe is quick, easy, and made with ingredients that are readily found in most corner stores, supermarkets, and convenience stores.

#### Ingredients:

- 2 cans low-sodium or no salt added whole kernel corn, drained and rinsed
- 1 can low-sodium or no salt added black beans, drained and rinsed
- 1 red bell pepper, diced
- ½ red onion (*optional*)
- ¼ cup cilantro, chopped (*optional*)
- 1 tablespoon apple cider vinegar or red vinegar
- ¼ teaspoon salt
- ¼ teaspoon black pepper



#### Instructions:

- In a large bowl, combine corn, black beans, red bell pepper, and onion.
- Add vinegar and cilantro.
- Add salt and pepper.
- Mix slowly until all ingredients are well combined.

This recipe may be served right away or chilled first and served later. It be served alone as a salad or with corn chips as a dip.

#### Nutrition information:

*In ¼ of this recipe:*

**Calories:** 154

**Fat:** 1 g

**Saturated Fat:** 0.1 g

**Cholesterol:** 0 mg

**Protein:** 7.8 g

**Carbohydrates:** 30.9 g

**Fiber:** 9.8 g

**Sodium:** 125 mg

**Calcium:** 73 mg

**Iron:** 2.6 mg

**Vitamin C:** 65 mg

#### Connect to Health & Wellness

This nutritious salad or salsa is packed with protein and fiber and is low in fat, calories, and sodium. Protein is essential for the growth and repair of our bodies and to maintain muscles and overall good health. Fiber is an important part of our diet and may help to prevent heart disease, maintain a healthy weight, help to control blood sugar, and maintain a healthy digestive system. Sodium is a mineral that is found in salt, and that many Americans consume in higher quantities than is generally considered healthy. Consuming excess sodium may contribute to high blood pressure, which in turn can increase risk of heart attacks, stroke, and kidney disease. Fat is another necessary nutrient but also one that many Americans consume in excess. A diet that is high in saturated fats may contribute to increased blood lipids, which can increase risk for heart disease.

For more information on Health and Wellness visit the Department of Family & Community Health Sciences of Rutgers Cooperative Extension at:  
[www.njaes.rutgers.edu/fchs/](http://www.njaes.rutgers.edu/fchs/)

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