

Summer Salsa



Ingredients:

- 1 small onion, finely chopped
- 1 garlic clove, finely chopped
- 1 lime, zest & juice
- pinch of salt
- drizzle of olive oil
- 4 Roma tomatoes, chopped
- ¼ orange bell pepper, chopped
- ¼ red bell pepper, chopped
- ¼ yellow bell pepper, chopped
- 1 jalapeno, seeded & diced
- 1 cup black beans
- 1 cup frozen corn
- ½ cup chopped cilantro

Method:

1. In a large bowl, combine the chopped onions, garlic, lime zest & juice, and salt.
2. Stir to mix well and let sit while the rest of the ingredients are chopped. This will soften the bite of the onion and garlic.
3. Add the rest of the ingredients and mix well. Serve immediately or refrigerate until ready to serve.