

### NEBRASKA PINTO BEAN & CORN SALSA

1 pkg (10 oz) frozen corn	¼ c chopped fresh cilantro
3 cups canned Pinto beans rinsed & drained	1 t chili powder
1 T chopped fresh jalapeño pepper (or to taste)	¼ c extra-virgin olive oil
1 can (4 oz) chopped mild green chiles	¼ cider vinegar
½ c chopped sweet salad onion	salt to taste

Gently toss together the thawed corn with the pinto beans, peppers, onion, cilantro, chili powder. Whisk together the oil & vinegar. Add to the salsa. Salt to taste. Cover and chill until ready to serve. Serve chilled or at room temperature.

Makes about 4 cups.

Per 1/3 cup, Calories: 127, Carbohydrate: 19 grams, Protein: 1 gram, Fat: 5 grams.