

Black Bean and Corn Relish

Ingredients

1 can (15.5 ounces) black beans, rinsed and drained (about 2 cups)
1 cup corn kernels
4 tomatoes, seeded and diced
2 garlic cloves, chopped
1/2 medium red onion, diced
1/2 cup chopped parsley
1 green, yellow or red bell pepper, seeded and diced
Sweetener, equivalent to 2 tablespoons sugar
Juice from 1 lemon

Directions

In a large bowl, combine all of the ingredients. Toss gently to mix. Cover and refrigerate for at least 30 minutes to allow the flavors to blend.

Nutritional analysis per serving

Serving size :about 2/3 cup

Total fat 0 g

Calories 100

Protein 5 g

Cholesterol 0 mg

Total carbohydrate 20 g

Dietary fiber 4 g

Monounsaturated fat 0 g

Saturated fat 0 g

Sodium 11 mg