

Corn and Black Bean Salsa:

1 can of black beans
1 can of corn
3/4 cup finely chopped red onion
3/4 cup finely chopped bell pepper (red or green)
2 jalapeños, minced
1/2 balsamic vinegar
1/3 cup olive oil
1 1/2 tsp Dijon Mustard
salt and pepper
fresh parsley (on the side)

Mix All of the above ingredients except parsley. Refrigerate up to 3 days. Bring to room temp, throw in parsley, mix and serve.

Mariah



A recipe from Dan Delcollo's web site
www.delcollo.us/recipeindex.html