 

Black Bean and Tomato Salsa

**Prep Time: 10 minutes Servings: 4**

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**Ingredients:**

**- 1 cup seeded, diced plum tomatoes (3-4 tomatoes)  
- 1 cup canned black beans, rinsed  
- 2 tablespoons chopped scallions  
- 1 tablespoon chopped fresh cilantro (or parsley)  
- 1 tablespoon lime juice  
- 1 ½ teaspoons extra-virgin olive oil  
- ½ to 1 teaspoon minced canned chipotle in adobo sauce (see ingredient note)  
- 1/8 teaspoon salt**

**Directions:**

**1. Combine all ingredients in a medium bowl; stir to blend. Refrigerate until ready to serve.**

**Notes:**

**This salsa is also a good accompaniment for burgers or scrambled egg burritos.   
Chipotle peppers are smoked jalapenos with a fiery taste that are canned in adobo sauce. Look for them in the Hispanic section of large supermarkets and in specialty stores.**

**Nutrition:**

**Per serving: 78 calories; 2 g fat; 11 g carbohydrates; 3 g protein; 3 g fiber; 283 mg sodium; 118 mg potassium**

**Recipe source: www.eatingwell.com**