

Healthy Hearty Salsa

15 Minutes to Prepare and Cook

This salsa excellent for everything from tortilla chips to topping off some chicken breast for dinner. It's even great in burritos and tacos. Try it as a topping on a baked potato for dinner. This salsa is a good source of fiber (beans), healthy monounsaturated fat (avocado), and lycopene (antioxidant found in tomatoes). Who knew that eating something so healthy could be so tasty!

Ingredients

Yellow Sweet Corn, drained 1 can (12 oz)

Red Ripe Tomatoes, diced 4 medium

Beans, Black, drained 1 can

1 Avocado, diced

Cilantro, chopped 5 Tbsp

Shrimp, cooked, 6 oz (Optional)

Mexican Salsa in a small can — It's hot, just use about a quarter can (2oz) and then some regular salsa.

Directions

Chop ingredients, mix and refrigerate leftovers. (If you have any that is.) Good for a week in the fridge.

Number of Servings: 8