

Mango Tango Black Bean Salsa

Ingredients (makes 8 servings, serving size: 1/2 cup)

- 1 can (15 ounces) Black beans, rinsed and drained
- 1 can (15 ounces) Whole kernel corn, drained (corn with peppers is optional)
- 1 cup Frozen mango, diced OR 1 medium mango, peeled, seeded and cut into 3/4 inch cubes
- 1/4 cup Finely chopped onion
- 1/4 cup Coarsely chopped fresh cilantro
- 2 Tablespoons Fresh lime juice
- 1 teaspoon Garlic powder
- 1/2 teaspoon Salt (optional)
- 1/4 teaspoon Ground cumin



Directions

1. In medium bowl, combine all ingredients
2. Serve with tortilla chips, if desired. ENJOY!

Nutrition Information- Per serving

**Recipe adapted from the Canned Food Alliance

Calories	61	Total Sugars	3.9g	Sodium	155mg
Protein	2.5g	Total Fat	.5g	Cholesterol	0mg
Carbohydrate	12.9g	Saturated Fat	.1g	Fiber	2.3g

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