



LENTIL, CORN & BLACK BEAN SALSA

LENTIL, CORN & BLACK BEAN SALSA

The Lentils logo is a red circle with a white border, containing the word "Lentils." in white text with a small trademark symbol.

INGREDIENTS

- 3/4 cup (175 mL) cooked split red lentils, chilled
- 3/4 cup (175 mL) Pico de Gallo (prepared, or make your own by combining tomatoes, onion, jalapeno, cilantro, and lime juice)
- 3/4 cup (175 mL) canned black beans, rinsed and drained
- 3/4 cup (175 mL) whole kernel corn (frozen/thawed or canned/rinsed)
- 3/4 cup (175 mL) finely chopped red or green bell pepper
- 2 garlic cloves, minced
- 1 lime, juiced
- 1/2 tsp (2 mL) salt
- 1/4 tsp (1 mL) pepper

OPTIONAL FOR SERVING:
cilantro and/or lime wedges

DIRECTIONS

1. Mix all ingredients together in a mixing bowl.
2. Chill for 2 hours or overnight.
3. Garnish with cilantro and lime wedges. Serve as an appetizer or snack with crackers or chips, or as a topping for nachos or eggs.

TO PREPARE 3/4 CUP (250 ML) COOKED SPLIT RED LENTILS:

Combine 1/4 cup (60 mL) split red lentils with 3/4 cup (175 mL) water. Bring to a boil, cover, reduce heat and simmer for 5-7 minutes until lentils are tender. Drain any excess liquid and let cool.

RECIPE CREDIT: LENTILS.ORG

For more great recipes, check out the website!