

Quick & Easy One Pot Black Bean Salsa

Splash or two of red wine vinegar, to taste

1/8 tsp Tabasco sauce or to taste (red is hotter than green)

1 – 16 oz can black beans: drain liquid, then fill can with fresh water, let it sit 10 minutes, then drain water and rinse. You've just removed 70% of the salt in the beans. Or use 2 cups cooked black beans.

1 – 16 oz can Mexican style corn, drained

¼ cup sliced green onions/scallions

Fresh lemon juice, to taste

1 large ripe red tomato, diced or ½ pint cherry/grape tomatoes, diced

2 ripe avocados, halved, pitted, peeled and diced. For less calories, use one pureed avocado.

Salt and pepper, to taste

In a large bowl, mix vinegar and Tabasco. Add drained beans, corn, scallions and lemon juice. Toss together then stir in tomato and avocado. Add ground pepper and salt to taste.

Serve with tortilla or pita chips or crackers. This versatile dish can be served with greens in a salad, as an appetizer, side dish or in a wrap. Heat it up and serve over whole grain pasta or brown rice as an entrée. Bon Appétit!

*Thank you to Nancy Voitko, vegan chef and Animal Protection League of NJ member,
for the original version of this recipe.*