

SCHMITT FAMILY FARM

Our Favorite Recipes

www.schmittfamilyfarm.com

Black Bean Salsa

Use as a dip for tortilla chips or as a salsa for grilled chicken, fish or meat.

Ingredients:

- 1 can (15 ounce) black beans
- 2 ripe tomatoes, finely diced
- 1 red pepper, finely diced
- 1 green pepper, finely diced
- 1 red onion, finely diced
- 3 ears corn
- 2 tablespoons olive oil
- 1 bunch of cilantro, chopped
- Juice of 1 lime
- 1 tablespoon cumin
- Salt
- Dash of cayenne pepper

Directions:

1. Drain and rinse beans.
2. Plunge corn into boiling water for 2 minutes. Cool. Cut kernels off the cob.
3. Toss everything together. Add lime juice and seasoning.

Variations:

1. Add 1 can chick peas.
2. Add 2 hot pepper, chopped.
3. Use scallions instead of red onion.