

Red Lentil, Black Bean and Corn Salsa

Vegetarian/Vegan/Can be Organic



A tasty appetizer when served with chips, cut-up pita bread or tortilla triangles.
Heat and serve as a side dish to plain pork and poultry entrees.
Serve heated with crisp lettuce for a Mexican lettuce wrap.

- ¾ cup cooked red lentils, chilled
- ¾ cup Pico de Gallo
- ¾ cup canned, rinsed black beans
- ¾ cup frozen whole kernel corn, thawed
- 1 small or ½ large red or green pepper, finely chopped (about ¾ cup)
- 1 Tablespoon minced garlic (2-3 cloves)
- 2 Tablespoons fresh lime juice (1 lime)
- ½ teaspoon salt
- ¼ teaspoon pepper

Optional because both are in the Pico de Gallo:

- 1 small jalapeño, finely chopped (I added 2 Tbsps.)
- 2 Tablespoons fresh cilantro (I added)

Mix all ingredients together. Place in clear serving bowl because the colors are beautiful. Chill for 2 hours or overnight. Garnish with cilantro and/or lime slices. Serve with crackers or chips.

Yield: 3 ½ cups Serves: 54 one tablespoon “bites”

Prep time: 20 minutes