



## **Black Bean Salsa**

*Great with Corn Chips or on Salad  
A recipe inspired by Dr. Caldwell Esselstyn*



- 1 15 oz. can rinsed black beans
- 1 15 oz. can or frozen corn
- 1 chopped red or orange pepper
- ½ jalapeno pepper, finely diced
- ½ medium sized red onion, finely chopped
- 2 tbsp freshly chopped garlic
- ½ cup chopped cherry tomatoes (optional)
- ¼ cup balsamic vinegar
- 1 generous bunch of cilantro, finely chopped
- Juice from 2 limes
- Zest from one or two limes (optional)
- Salt and black pepper to taste

*Mix all ingredients and let marinate a while for best flavors.*

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