



LOOK FOR IT ON BLU-RAY™, DVD & DIGITAL HD

HEALTHY RECIPES



BEAN AND CORN SALSA

Ingredients:

3 cups chopped seeded tomato	2 tablespoons fresh lime juice
3/4 cup chopped Vidalia or other sweet onion	1/3 teaspoon salt
1/2 cup chopped tomatillos	1/2 teaspoon freshly ground black pepper
1/4 cup canned black beans, rinsed and drained	1/2 teaspoon hot sauce
1/4 cup fresh corn kernels	
2 tablespoons finely chopped fresh parsley	

Instructions:

1. Combine all ingredients in a large bowl cover and chill at least 2 hours.

