**Homemade Salsa**

1 can (15 ounces) black beans, drained and rinsed

1 small tomato, seeded and cut into ½ inch dice

2 scallions (aka: shallots), trimmed and finely chopped

1 jalapeño chili, minced (remove ribs and seeds for less heat if desired)

½ cup coarsely chopped cilantro

2 tablespoons fresh lime juice (from 2 limes)

¼ teaspoon coarse salt and pepper to taste

\*\*Pulse ¼ cup of the black beans in a food processor or blender until they are coarsely chopped; transfer to bowl. Add remaining black beans along with tomato, scallions, jalapeño, cilantro, lime juice, salt and pepper. Stir to combine. Serve or refrigerate for later.

**Yield:** 2 cups salsa

**Nutrition for ¼ cup salsa:** 55 calories, <1g fat, 0g saturated fat, 0mg cholesterol, 11g carbohydrates, 3g protein, 2g fiber, 156mg sodium