

Fresh Vegetable Salsa



- 1 (15.25 ounce) can whole kernel corn, drained
- 1 (15 ounce) can black beans, rinsed and drained
- 4 Roma tomatoes, seeded and chopped
- 2 avocados, diced
- 1/4 cup chopped fresh cilantro
- 1/4 cup diced red onion
- 1/4 cup fresh squeezed lime juice
- 2 tablespoons red wine vinegar
- 1 teaspoon salt
- 1/4 teaspoon cayenne pepper
- 2 avocado seeds
- Scoop-shaped corn tortilla chips

In a large bowl, combine all ingredients except avocado seeds and tortilla chips. Mix well. Insert avocado seeds into salsa to keep avocado from turning brown. Cover seeds with salsa. Cover salsa and refrigerate for 2 hours, or more, stirring occasionally. Serve chilled with tortilla chips.

Cook's Note: Salt may be reduced to 1/2 teaspoon for those following a salt conscious diet. For a spicier salsa, add diced fresh peppers of choice.