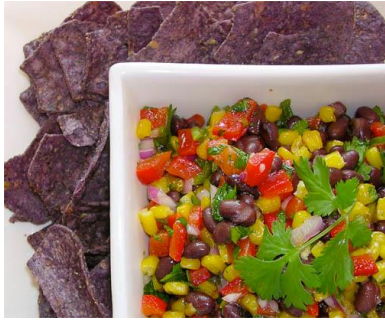


BEAN AND CORN SALSA



Ingredients

1. 2 cups frozen organic corn -- thawed
2. 2 cans beans-- your choice, drained and rinsed
3. 1/2 cup sweet onion -- finely chopped
4. 2 cups tomatoes -- finely chopped
5. Handful Cilantro-- fresh
6. 1/4 cup olive oil
7. 1 1/2 lemons -- squeezed
8. 1/2 teaspoon salt

Instructions

1. Add all ingredients to a large bowl. Mix well, and refrigerate until time to eat. Serve with tortilla chips. Note: All ingredients can be altered to your preference. Organic blue corn chips give an extra "BAM" to this recipe.

Notes

1. Healthy Chips
2. Choose chips that are organic and no trans fats. Even though it may say no trans fats on the front - make sure you read the back of the package for hydrogenated oils. Also look for NON-GMO on the label!