**Corn and Black Bean Salsa**

**Ingredients:**

2 ears corn

2 cups black beans, drained

1 tomatoes small diced

1 cup tomato sauce

½ red onion small diced

¼ cup cilantro chopped

¼ cup lime juice

1 Jalapeno, minced (optional)

Salt and pepper to taste

Sugar to taste

**INSTRUCTIONS**

1. Wash the corn. Remove any husk from the outside.
2. Cut each ear in half and run the knife down the sides removing the kernels from the cob.
3. Bring a pot of water to a boil. Add the corn kernels and cook for 2-3 minutes. Put them on a ½ sheet pan and put in the freezer to cool.
4. Wash and dice all of your produce.
5. Mix all ingredients together.
6. Adjust seasoning to your liking.