

Beluga Lentil and Corn Salsa

Serving Size: 1/4 cup

Makes 30 servings

Ingredients:

2 cup	corn, kernels
6 oz	beluga (black) lentils, dry
1-1/2 cup	water (for cooking lentils)
1 each	red bell peppers, diced
1/4 cup	scallions, chopped
1/2 cup	cilantro, chopped
1 tbsp	garlic, minced
1 ea	lime, zested and juiced
1/2 tsp	kosher salt
2 cup	tomatoes, diced
1 tbsp	jalapeno pepper, small dice

Preparation:

1. Place corn on a parchment-lined sheet tray. Place in a 400°F oven until lightly charred, about 5 minutes (watch closely). Cool corn.
2. Place lentils in a strainer and rinse with cold water for 2 minutes. Then add lentils to a pot with water. Cook just until tender, about 10-15 minutes. Drain off excess water. Chill lentils.
3. In a bowl, toss together roasted corn, lentils, cilantro, lime juice & zest, tomato, red bell pepper, green onion, garlic, salt and jalapeno.
4. Serve with whole wheat pita or corn chips.

NUTRITION FACTS PER SERVING

calories	30
total fat (g)	0
saturated fat (g)	0
trans fat (g)	0
sodium (mg)	30
total carbohydrate (g)	6
dietary fiber (g)	1
sugar (g)	1
protein (g)	2

CHEF NOTE: leftover corn cobs can be used to make a corn broth

CHEF NOTE: can use any lentil, if you can't find beluga

SUSTAINABILITY NOTE: make this recipe more "root to stem" by using cilantro stems and leaves



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