



Flavors of Rochester at the Market

A sampling series brought to you by the City of Rochester Public Market, Friends of the Market, Democrat & Chronicle, Summit Federal Credit Union. Saturdays, May through September. 10 a.m. to 12 p.m.

www.cityofrochester.gov/marketflavors;

www.democratandchronicle.com/rocflavors

Guest Chef for June 10, 2017:

Jessica Silon, Integrative Nutrition Health Coach

Recipe: **BLACK BEAN & CILANTRO SALSA FRESCA**

Ready in **20 minutes**, Serves **8 people**

Ingredients

1 can of black beans, drained-rinsed well	½ sweet onion, diced
½ cup chopped cherry tomatoes or chopped beefsteak tomatoes	1 tbsp lime juice
	2 tbsp olive oil
1 cup chopped cilantro, chopped	½ avocado (optional)
1 clove garlic, minced	Hot pepper flakes
	Salt and pepper

Preparation

1. Add black beans, cilantro, onion and garlic to a medium sized bowl
2. Add vinegar, olive oil and seasoning to a small bowl. Mix lightly and chill for 10-15 minutes.
3. Add chopped tomatoes and serve!

Tips

Add chopped avocado atop, once plated, for extra creaminess, healthy fats and flavor.
Pair with whole grain tortilla chips.
Great as a salad or taco topping!

Jessica Silon , *Integrative Nutrition Health Coach*

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For more recipes and wellness tips, check out → www.jessicasilon.com