

Recipes

Confetti Bean Salsa

Ingredients:

15 ounces black beans, canned

- 11 ounces corn, sweet
- 1 cup salsa

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8 ounces low sodium whole-wheat crackers

Equipment:

Can opener Colander Mixing bowl Measuring cups

Number of Servings: 8 Prep Time: 10 minutes Total time: 1 hour

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Nutrition Facts

Serving Size: 1/2 cup

Amount Per Se	erving		
Calories 192		Calories from Fat 45	
		%Daily \	/alue*
Total Fat 5g	3		8%
Saturated	Fat 1g		4%
Cholestero	l Omg		0%
Sodium 376	Smg		16%
Potassium	191mg		5%
Total Carbo	hydrate	e 31g	10%
Dietary Fil	ber 4g		15%
Protein 6g			12%
Vitamin A	5%	Vitamin C	9%
Iron	7%	Calcium	2%

Directions

- 1. Open beans and corn and pour into a colander. Rinse under running water to remove sodium. Allow to drain, and add to medium size bowl.
- 2. Measure salsa and add to bowl. Stir well.
- 3. Cover and chill.
- 4. Serve with whole wheat crackers.

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