



Black Bean and Corn Salsa

Ingredients:

1 cup salsa

11 ounces corn, sweet

wheat crackers

8 ounces low sodium whole

Equipment:

Colander 15 ounces black beans, canned Medium bowl Serving plate

> Number of Servings: 8 Prep Time: 5 minutes Total time: 5 minutes

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Nutrition Facts Serving Size: 10 crackers and 2 T. Dip Servings: 8

Amount Per Servi		<u></u>	
Calories 192		Calories from F	at 45
		%Daily V	alue*
Total Fat 5g			8%
Saturated Fat 1g			4%
Cholesterol 0mg			0%
Sodium 376mg			16%
Total Carbohy	31g	10%	
Dietary Fiber 4g			15%
Protein 6g			12%
Vitamin A	5%	Vitamin C	9%
Iron	7%	Calcium	2%

Directions

- 1. Drain and rinse the beans to remove sodium.
- 2. Drain the corn.
- 3. Combine beans, corn, and salsa in a medium-size bowl.
- 4. Mix.

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