

Confetti Bean Salsa

Ingredients:

15 ounces black beans, canned
 11 ounces corn, sweet
 1 cup salsa
 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

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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Nutrition Facts

Serving Size: 1/2 cup
 Servings: 8

Amount Per Serving

Calories 192 Calories from Fat 45

%Daily Value*

Total Fat 5g **8%**

Saturated Fat 1g **4%**

Cholesterol 0mg **0%**

Sodium 376mg **16%**

Potassium 191mg **5%**

Total Carbohydrate 31g **10%**

Dietary Fiber 4g **15%**

Protein 6g **12%**

Vitamin A 5% Vitamin C 9%

Iron 7% Calcium 2%

*Percent Daily Values are based on a 2,000 calorie diet.

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