Black Bean and Corn Salsa

Ingredients:
15 ounces black beans, canned
11 ounces corn, sweet
1 cup salsa
8 ounces low sodium whole wheat crackers

Equipment:
Colander
Medium bowl
Serving plate

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

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.

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

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount Per Serving</th>
<th>%Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>192</td>
<td>45</td>
</tr>
<tr>
<td>Fat</td>
<td>5g</td>
<td>8%</td>
</tr>
<tr>
<td>Carbohydrate</td>
<td>31g</td>
<td>10%</td>
</tr>
<tr>
<td>Protein</td>
<td>6g</td>
<td>12%</td>
</tr>
</tbody>
</table>

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

For more recipes, please visit: www.fcs.ext.vt.edu/recipes

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