

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.

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Nutrition Facts

Serving Size: 10 crackers and 2 T. Dip
 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%

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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