



Confetti Bean Salsa

Ingredients:

- 1 can (15 ounce) black or red beans
- 1 can (11 ounce) corn
- 1 cup salsa.

Directions:

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

Note:

Like it hot? Add a few drops of hot sauce or chopped green chilies.
Try chopped cilantro, parsley or green pepper, too.

Yields about 6 servings

Nutrition Facts			
Serving Size ½ cup			
Servings Per Recipe 6			
Amount Per Serving			
Calories	100	Calories from Fat	10
% Daily Value *			
Total Fat	1g		2%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	550mg		23%
Total Carbohydrate	19g		6%
Dietary Fiber	5g		20%
Sugars	3g		
Protein	5g		
Vitamin A	4%	Vitamin C	6%
Calcium	4%	Iron	10%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories:	2000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
10% calories from fat			

Source: Adapted from: The Power of Choice Food and Nutrition Service, USDA Food and Drug Administration, DHHS



Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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