

**Recipe card instructions:**

For best results, print two-sided cards on heavyweight paper, such as card stock. Select the “flip on short edge” print setting to ensure the back side of the card isn’t upside down. Cut out each card along dashed lines.

## Confetti Bean Salsa or Salad

- 1 (15-ounce) can black beans, rinsed and drained
- 1 (15-ounce) can corn, rinsed and drained
- 1 (16-ounce) jar salsa

Mix ingredients in a medium bowl. Serve as a dip or salad, or roll into a whole-wheat tortilla or pita pocket. Makes 6 servings.

Source: University of Missouri Extension Family Nutrition Education Programs



UNIVERSITY OF MISSOURI EXTENSION

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Confetti Bean Salsa or Salad

<b>Nutrition Facts</b>	
Serving Size 1/2 cup (149g)	
<b>Amount Per Serving</b>	
Calories 100	
% Daily Value*	
Total Fat 1g	2%
Sodium 550mg	23%
Total Carbohydrate 19g	6%
Dietary Fiber 5g	20%
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.

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