



## Quick Black Bean and Corn Salsa

Servings: 6

15-ounce can black beans, drained

15-ounce can corn, drained

16-ounce jar salsa

1. Wash hands and surfaces.
2. In a medium bowl, mix ingredients.
3. Refrigerate leftovers immediately.



## Nutrition Facts

6 servings per container

**Serving size** 2/3 cup (217g)

Amount per serving

**Calories** 130

% Daily Value\*

**Total Fat** 1g 1%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 780mg 34%

**Total Carbohydrate** 27g 10%

Dietary Fiber 8g 29%

Total Sugars 6g

Includes 0g Added Sugars 0%

**Protein** 7g

Vitamin D 0mcg 0%

Calcium 50mg 4%

Iron 2mg 10%

Potassium 520mg 10%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Helpful Tips

- Fresh or frozen corn may be used instead of canned. Rinse the canned beans and corn to remove some of the sodium.
- Try other canned beans, like garbanzo, small red or pinto beans.
- Roll up into a whole-wheat tortilla or put the salad in a whole-wheat pita pocket.

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For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016.

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