



Quick Black Bean and Salsa Salad

Servings: 6

Ingredients:

- 15-ounce can black beans, drained
- 15-ounce can corn, drained
- 16-ounce jar salsa

Directions:

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



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Nutrition Facts

Amount Per Serving

Calories 130

Calories from Fat 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 790mg **33%**

Total Carbohydrate 28g **9%**

Dietary Fiber 5g **20%**

Sugars 7g

Protein 5g

Vitamin A 0% Vitamin C 15%

Calcium 2% Iron 6%

Tips:

- Fresh corn has less sodium than canned corn. 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.

Funded in part by USDA SNAP.

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

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