



Confetti Bean Salsa

Ingredients:

- 1 15-ounce can of red or black beans
- 1 11-ounce can corn
- 1 cup salsa

Instructions:

- 1) Rinse beans under cold running water and drain thoroughly.
- 2) Rinse corn under cold running water and drain thoroughly.
- 3) Combine beans, corn, and salsa in medium sized bowl.
- 4) Mix all ingredients together.
- 5) Scoop with baked tortilla chips, cut-up raw vegetables, or whole grain crackers.

Yield: Makes 6 half-cup servings

Ideas/Substitutions

- To reduce sodium, use fresh rather than prepared salsa.
- Substitute fresh or frozen cooked corn for canned.
- Include chopped cilantro or parsley for added flavor.
- Mix in low-fat or other cheese cubes for added calcium and protein.
- Mix in other vegetables, such as chopped peppers (green, red, orange, or yellow) or onions.

Nutrition Analysis

Serving Size: ½ cup

Calories: 117

Total Fat: 0.5 g

Saturated Fat: 0.0 g

Trans Fat: 0.0 g

Total Carb: 24 g

Dietary Fiber: 5 g

Sodium: 734 mg

Protein: 6 g

Iron: 1.0 mg

Recipe Source

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