



Black Bean Salsa

SERVING SIZE: ½ cup
SERVINGS: 6
PREPARATION TIME: 5 minutes
COOK TIME: 5 minutes

INGREDIENTS:

- 1 10 ounce can diced tomatoes with green chilis
- 1 16 ounce can black beans

DIRECTIONS:

1. Open can of black beans. Drain them and rinse them well under cold water.
2. Open the diced tomatoes with green chilis.
3. Stir the beans and tomatoes together in a medium-sized bowl.
4. Serve immediately or place in fridge for 30 minutes to serve cold.

RECIPE TIPS:

- Add drained and rinsed canned corn for more color and flavor.
- Add 1 Tablespoon fresh chopped fresh cilantro, to taste
- Try ground cumin, onion powder, garlic powder, or other spices you enjoy!
- Substitute pinto or refried beans for black beans.



NUTRITION FACTS:

Amount Per Serving	
Calories	81
Total fat	0.2g
Saturated fat	0.6g
Cholesterol	0mg
Sodium	140 mg
Total Carbohydrate	15 g
Fiber	6 g
Sugar	0.3 g
Includes 0g of Added Sugars	
Protein	5 g
Phosphorus	95 mg
Potassium	274 mg

EQUIPMENT NEEDED:

- Large Bowl
- Can Opener

Recipe submitted by Mount Mary University Dietetics Department
Additional recipes available at: www.healthyshelves.org