

Confetti Bean Salsa

Scoop salsa with raw veggies or baked tortilla chips—or spoon it over rice!

- 1 can (15 ounces) red or black beans
- 1 can (11 ounces) corn
- 1 cup salsa

1. Drain and rinse the beans. Drain the corn.
2. Combine beans, corn, and salsa in a medium-size bowl. Mix.

Makes 3 cups salsa or 6 (1/2 cup) servings.

More ideas: Like it hot? Add a few drops of hot sauce or chopped green chiles. Try chopped cilantro, parsley, or green pepper in your salsa, too.

Your turn: Check out the grocery shelves for other canned beans. You'll see many types to try. Experiment with different ones to enjoy new flavors and have several ways to make Confetti Bean Salsa

Wipe Them Off! Clean the lids of canned foods before you open them. That keeps debris from getting into your food.

Nutrition Facts

Serving Size 1 serving (100g)

Servings Per Container 8

Amount Per Serving

Calories 110 Calories from Fat 5

%Daily Value*

Total Fat 1g 1%

Saturated Fat 0g 0%

Cholesterol 0mg 0%

Sodium 110mg 5%

Total Carbohydrate 22g 7%

Dietary Fiber 6g 23%

Sugars 1g

Protein 8g

Vitamin A 4% • Vitamin C 8%

Calcium 2% • Iron 8%

* Percent Daily Values are based on a diet of 2,000 calories.

↓ LOW=5% or less HIGH=20% or more ↑