



*Vegan • Vegetarian • Good Source of Fiber
No Added Sugar • 30 Minutes or Less
Dairy Free • Egg Free • Nut Free*

Fiesta Confetti



LIVE WELL
ALABAMA



extension
ALABAMA A&M & AUBURN UNIVERSITIES

This material was funded by USDA's Supplemental Nutrition Assistance Program-SNAP. This institution is an equal opportunity provider. www.LiveWellAlabama.com
The Alabama Cooperative Extension System (Alabama A&M University and Auburn University) is an equal opportunity educator and employer. Everyone is welcome!
Please let us know if you have accessibility needs. © 2022 by the Alabama Cooperative Extension System. All rights reserved. FCS-2614 www.aces.edu

Fiesta Confetti

INGREDIENTS

- 3 Roma tomatoes, diced
- 1 or 2 jalapeño peppers, fresh, diced with seeds removed
- 3 large sweet bell peppers (any color)
- 1 can black beans, 15 ounces, drained and rinsed
- 1 cup whole kernel corn
- $\frac{2}{3}$ cup onion, red or white, diced
- 1 cup fresh cilantro, chopped
- 2 tablespoons lime juice
- $\frac{1}{2}$ teaspoon garlic powder
- $\frac{1}{2}$ teaspoon ground cumin
- $\frac{1}{2}$ teaspoon salt

DIRECTIONS

1. In large bowl, mix all ingredients together. Toss well to cover vegetables evenly with spices and lime juice.
2. Serve immediately or chilled with whole-grain chips or crackers.

TIPS

- Use fresh, frozen, or canned corn. Drain and rinse if using canned corn. Thaw first if using frozen corn.
- For more heart-healthy fats, add fresh avocado.

Appetizer | Serves 4