



BLACK BEAN SALSA

INGREDIENTS:

1 15 oz can black beans, rinsed and drained
3 medium tomatoes, chopped
½ cup chopped red onion
1 green pepper, chopped
1 jalapeno pepper, chopped
½ cup chopped cilantro
juice from 1 lime
¼ tsp. salt

NUTRITION FACTS PER SERVING

Calories	60
Fat	<1g
Carbohydrates	14g
Fiber	4.5g
Protein	3.5g

DIRECTIONS:

Combine all ingredients into a bowl and mix thoroughly. Cover and refrigerate for 2 hours before serving.

Makes about 6 — ½ cup servings.

Nutrition Tip:

Beans contain fiber, magnesium, potassium and protein, and can help lower your cholesterol, lower your blood pressure, reduce the risk of stroke and minimize kidney stones.