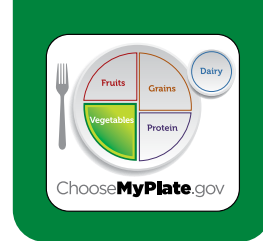


# Bountiful Backpack

## Confetti Bean Salsa

Serves: 6

Serving Size: ½ cups



### Ingredients:

- 1 (15 ounces) can black beans
- 1 (15.5 ounces) can black-eyed peas
- 1 (11 ounces) can corn
- 1 cup salsa

### Directions:

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



Daniel Sone, National Cancer Institute

\*To spice it up add a few drops of hot sauce or chopped green chilies.

\*Serve with baked tortilla chips or spoon over brown rice.

Recipe adapted from Ohio State University Extension

## Nutrition Facts

6 servings per container

**Serving size** ½ cup (236g)

**Amount Per Serving**

**Calories** 130

% Daily Value\*

<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 980mg	<b>43%</b>
<b>Total Carbohydrate</b> 29g	<b>11%</b>
Dietary Fiber 7g	<b>25%</b>
Total Sugars 5g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 7g	<b>14%</b>
Vitamin D 0mcg	<b>0%</b>
Calcium 52mg	<b>4%</b>
Iron 1.8mg	<b>10%</b>
Potassium 0mg	<b>0%</b>
Vitamin C	<b>15%</b>

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.