



Bountiful Backpack

Confetti Bean Salsa



Serves: 6

Serving Size: ½ cup

Ingredients:

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

Directions:

1. Wash hands.
2. Combine beans, peas, corn and salsa in a medium-size bowl. Mix.

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

*Serve with baked tortilla chips or spoon over chicken, fish or brown rice.

Recipe adapted from Ohio State University Extension

Nutrition Facts

6 servings per recipe

Serving size ½ cup (236g)

Amount Per Serving

Calories **130**

% Daily Value*

Total Fat 1g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 980mg **43%**

Total Carbohydrate 29g **11%**

Dietary Fiber 7g **25%**

Total Sugars 5g

Includes 0g Added Sugars **0%**

Protein 7g **14%**

Vitamin D 0mcg **0%**

Calcium 52mg **4%**

Iron 1.8mg **10%**

Potassium 0mg **0%**

Vitamin C **15%**

* 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.

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