February 19- Black Bean and Corn Salsa
Not Smart Snack

Recipe
Ingredients:
16-ounce can black beans
16-ounce 1 can yellow corn
10-ounce can Rotel
¼ cup chopped onion
4 Tablespoon chopped cilantro
Dash of lime juice

Directions:
1. Combine drained black beans and corn, Rotel, onions and cilantro in a large bowl.
2. Add lime juice to taste. Serve with chips.

Yields 15 servings

Nutrition Facts
Serving Size 1/4 cup (82.31g)
Servings Per Container 15

Amount Per Serving
Calories 60
Calories from Fat 0
% Daily Value
Total Fat 0g 1%
Saturated Fat 0g 0%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 240mg 10%
Total Carbohydrate 12g 4%
Dietary Fiber 2g 10%
Sugars 2g
Protein 3g 5%

Vitamin A 0% • Vitamin C 2%
Calcium 0% • Iron 4%

1 Percent Daily Values are based on a 2,000 calorie diet.