



## February 19- Black Bean and Corn Salsa

Not Smart Snack

Link: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=227720>

### 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%

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