



March 15- Black Bean Pineapple Salsa

Smart Snack

Link: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=1143978>

Recipe

Ingredients:

- 1 cup black beans, drained and rinsed
- 1 cup pineapple, diced
- 1 cup red onion, diced
- ¼ cup mint
- 1 clove garlic
- 1 teaspoon ginger
- Juice of one lime

Directions:

1. Combine all ingredients in bowl; toss to coat mixture.
2. Chill in fridge before serving.

Yield 6 servings

Nutrition Facts

Serving Size 1/2 cup (77.89g)
Servings Per Container 6

Amount Per Serving

Calories 140 Calories from Fat 5

% Daily Value*

Total Fat 0.5g **1%**

Saturated Fat 0g **1%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 5mg **0%**

Total Carbohydrate 25g **8%**

Dietary Fiber 6g **23%**

Sugars 4g

Protein 7g **15%**

Vitamin A 2% • Vitamin C 25%

Calcium 6% • Iron 15%

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