



## September 8- Southwest Chipotle Salsa

Smart Snack

Link: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=55670>

### **Recipe**

*Ingredients:*

- 28-ounce can diced tomatoes
- 1 cup black beans
- ½ medium onion
- 2 Tablespoon lemon juice
- 2 garlic cloves
- 1 Tablespoon chipotle seasoning blend

*Directions:*

1. Add onion, lemon juice and seasoning into food processor, until onions are finely chopped.
2. Stir in tomatoes and black beans. Serve with whole-grain or corn chips.

Yield 40 servings

### **Nutrition Facts**

Serving Size 2 tablespoons (28.9g)  
Servings Per Container 40

**Amount Per Serving**

**Calories** 10      **Calories from Fat** 0

**% Daily Value\***

**Total Fat** 0g      **0%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 95mg      **4%**

**Total Carbohydrate** 2g      **1%**

Dietary Fiber <1g      **3%**

Sugars <1g

**Protein** <1g      **1%**

Vitamin A 0%      •      Vitamin C 6%

Calcium 0%      •      Iron 0%

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