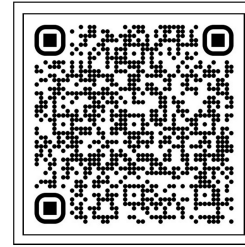




Cornell University
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 New York City



Confetti Bean Salsa

Ingredients:

- 1 can black or red beans, 15 ounce
- 1 can corn, 11 ounce
- 1 cup salsa

Directions:

1. Drain and rinse the beans.
2. Drain the corn.
3. Combine beans, corn, and salsa in a medium-size bowl. Mix.

Note:

Like it hot? Add a few drops of hot sauce or chopped green chilies. Try chopped cilantro, parsley or green pepper, too.

Yields about 6 servings

Nutrition Facts	
servings per container	
Serving size	1/2 cup (163g)
Amount per serving	
Calories	100
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 560mg	24%
Total Carbohydrate 19g	7%
Dietary Fiber 6g	21%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D --mcg	--%
Calcium 22mg	2%
Iron 1mg	6%
Potassium 256mg	6%
*The % Daily Value 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.	

Source: Adapted from: The Power of Choice Food and Nutrition Service, USDA Food and Drug Administration, DHHS



Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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