



WESTERN WISCONSIN HEALTH

SOUTHWEST BLACK BEAN AND CORN SALSA **(GLUTEN FREE)**

- 1-15 oz. can black beans, rinsed and drained
- 1-11 oz. can whole kernel corn, drained
- 1/2 tsp. minced fresh jalapeno pepper (omit seeds if too spicy)
- 2 medium tomatoes, chopped
- 1 green pepper, chopped
- 1/3 C. fresh cilantro
- 1/4 C. diced red onion
- 1/4 C. fresh lime juice (2 limes, squeezed)
- 1 tsp. salt
- 1 avocado, chopped, optional (add just before serving)

Nutrition Facts

Serving Size (90g)

Servings Per Container

Amount Per Serving

Calories 60 **Calories from Fat 15**

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 180mg **8%**

Total Carbohydrate 11g **4%**

Dietary Fiber 3g **12%**

Sugars 2g

Protein 2g

Vitamin A 2% • Vitamin C 25%

Calcium 2% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Combine all ingredients and chill for at least 2 hours before serving. Goes well with tortilla chips or for topping a baked potato or lettuce salad.

NUTRITION FACTS: Serving size: 1/2 cup per serving, 16 servings