Black Bean & Corn Salsa

Ingredients (makes 16 servings):

- **1 can of salsa**
- **1 can of corn**
- **1 can of black beans**
- **½ packet of taco seasoning**

Instructions:

1. **Open and drain the cans of corn and beans. Rinse the beans and corn to reduce the sodium.**
2. **Place in a bowl. Add seasoning packet. Mix. Serve.**

Cooking Tip: Serve with a quesadilla. Top with grilled or baked meats.

Nutrition Fact: Draining and rinsing canned foods can reduce the sodium content.

Substitution: Pinto beans can be used instead of black beans.

Nutrition Facts

Servings: 1 Calories: 54 Sodium: 9mg Fat: 0g
Saturated Fat: 0g Protein: 2.5g Sugar: 1.5g Carbs: 11g

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