



Bean Salsa

1-15 oz can black beans (no-salt-added or organic), drained and rinsed
1-15 oz can pinto beans (no-salt-added or organic), drained and rinsed
1-11 oz can yellow corn (no-salt-added or organic), drained and rinsed
1 -11oz can white corn (no-salt-added or organic), drained and rinsed
4 green onions, chopped
1 each red or orange bell pepper, chopped
1 2.25 oz can black olives, sliced
1 clove garlic, pressed
1 tablespoon lime juice
½ cup salsa

Mix all ingredients together. Chill and serve with baked tortilla chips, as a side dish or in an omelet or quesadilla. Makes 20 servings.

Nutrition information per serving: 67 calories, 3 grams protein, 1 gram fat, 11 grams carbohydrate, 31 mg sodium.