

Cheesy Beans

15 oz. can pinto beans, drained
15 oz. can kidney beans, drained
1/2 cup lowfat cheddar cheese, shredded
1 tbsp. salsa

Place all ingredients in saucepan; bring to low boil; simmer until cheese melts.
Makes 4 servings

Nutrition information per serving: calories 224; protein 14 grams; fat 3 grams; sodium 1003 mg