

Confetti Bean Salsa

Ingredients

- 1 can black or red kidney beans (15 oz)
- 1 can corn (15 oz)
- 1 cup of salsa
- *Optional: chopped cilantro, green peppers, tomatoes, or lime juice*



Nutrition Tip:
Use salsa as a way to flavor your veggies!

Directions

- 1) Drain and rinse the beans with water. Drain the corn.
- 2) Combine beans, corn, and salsa in a medium-sized bowl. Add optional flavors. Mix well.

Enjoy with whole grain chips/crackers, whole grain bread or on top of a salad!

Recipe adapted from

<https://whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/confetti-bean-salsa>

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