



EATING SMART
BEING ACTIVE

Colorful Black Bean Salad

Makes: 16 servings (½ cup per serving)

Preparation Time: 10 minutes

Ingredients

- 1 (15 ounce) can kidney beans, drained and rinsed
- 1 (15 ounce) can black beans, drained and rinsed
- 1 (15 ounce) can corn, drained and rinsed
- 1 (4 ounce) can chopped green chiles, not drained
- 1 (15 ounce) can crushed or diced tomatoes, not drained
- ½ onion, minced
- 3 limes, juiced (optional)
- 1 tablespoon vegetable oil
- Salt to taste
- Black pepper to taste

Directions

1. Wash hands with soap and water.
2. Before starting to prepare the recipe:
 - a. Open, drain, and rinse beans and corn.
 - b. Open chiles and tomatoes, but do not drain.
 - c. Mince and measure the remaining ingredients.
 - d. Wash and juice the limes into a small bowl (if using).
3. Mix kidney beans, black beans, corn, chiles, tomatoes, and minced onion in a large bowl.
4. Add lime juice (if using) and oil to the bean mixture, and stir gently to combine.
5. Taste. Add a small amount of salt and black pepper if desired.
6. Serve as a dip with *Baked Tortilla Chips* from the *Eating Smart • Being Active Let's Cook!* cookbook and/or raw vegetables.
7. Refrigerate leftovers within 2 hours. Eat within 3 to 5 days.

Be creative! Substitute any kind of beans you have. Make it spicier by adding chopped jalapenos or hot sauce.

| Nutrition Facts | |
|---------------------------|----------------|
| 16 servings per container | |
| Serving size | 1/2 Cup (132g) |
| Amount Per Serving | |
| Calories | 150 |
| % Daily Value* | |
| Total Fat 2g | 3% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 160mg | 7% |
| Total Carbohydrate 28g | 10% |
| Dietary Fiber 6g | 21% |
| Total Sugars 3g | |
| Includes 0g Added Sugars | 0% |
| Protein 8g | 16% |
| Vitamin D 0mcg | 0% |
| Calcium 65mg | 4% |
| Iron 2mg | 10% |
| Potassium 799mg | 15% |

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,800 calories a day is used for general nutrition advice.



United States
Department of
Agriculture
National Institute
of Food and
Agriculture

This material is based upon work that is supported by the National Institute of Food and Agriculture, US Department of Agriculture.

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