

Colorful Black Bean Salsa

4 Servings • 1 Serving = ¼ Cup



INGREDIENTS

- 1 cup cooked black beans
- ¼ red onion, chopped
- ½ red bell pepper, chopped
- ½ green bell pepper, chopped
- Small handful of cilantro, chopped
- 1 lime
- 1 teaspoon ground cumin
- ½ Tablespoon extra virgin olive oil
- ½ teaspoon salt

DIRECTIONS

1. If using canned black beans, rinse and drain. Measure out 1 cup and place into a large bowl.
2. Add the red onion, red and green bell peppers, and cilantro.
3. Add lime juice, cumin, oil, and salt. Stir well to combine. Let the salsa sit for half an hour before serving.

Nutrition Facts

4 servings per container	
Serving size	1/2 cup
Amount per serving	
Calories	80
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 90mg	4%
Total Carbohydrate 13g	5%
Dietary Fiber 5g	18%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 37mg	2%
Iron 1mg	6%
Potassium 308mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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