

## Festive Bean Salsa\* Salad

24 oz. Newman's Own Mild Salsa  
1/3 bunch chopped fresh cilantro  
1/2 cup chopped onion  
1/2 c. chopped peppers  
1 cup cut-up cherry tomatoes  
1 can (15 oz.) reduced sodium kidney beans, rinsed & drained  
1 can (15 oz.) reduced sodium black beans, rinsed & drained  
1 can (15 oz.) garbanzo beans (chick peas), rinsed & drained  
1/2 cup frozen corn



Mix salsa, cilantro, onion, peppers, tomatoes, beans and corn. Refrigerate overnight, stirring occasionally. Garnish with additional cilantro. Makes 16 – 1/2 cup servings.

**\*(may be used as a Bean Salsa, just chop ingredients a little smaller)**

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## NUTRITIONAL INFORMATION PER SERVING

Servings per recipe. . . . .	16
Serving size . . . . .	1/2 cup
Calories . . . . .	92
Protein . . . . .	4.4 grams
Carbohydrates. . . . .	18 grams
Fat. . . . .	0.6 grams
Sodium. . . . .	256 milligrams
Cholesterol. . . . .	0
Fiber. . . . .	.5 grams