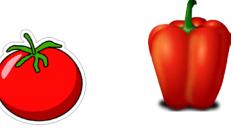
Festive Bean Salsa* Salad

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 $16 - \frac{1}{2}$ 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	milligrams
Cholesterol	0
Fiber	5 grams