

# Black Bean Salsa

8 servings

## Time:

20 minutes

## Ingredients:

- 1 16 oz bag unsalted baked tortilla chips
- 1 can (15 ounces) black beans
- 4 ears fresh corn
- 1 cup salsa (see "Summer Garden Salsa" recipe in 4-H Growing Connections Curriculum)
- Optional: Hot sauce or chopped green chilies, cilantro, parsley, or green pepper.



## Equipment:

- Chef knife and serrated dinner knife
- Table knife
- Cutting Board
- Measuring spoons and cups
- Large mixing bowl
- Plates, forks, napkins

## Directions:

1. Drain and Rinse the beans.
2. Remove corn from the cobs.
3. Combine beans, corn and salsa.
4. Add optional spices and/or herbs.

## Nutrition Facts

Serving Size 1 SERVING (210g)

Servings Per Container 8

### Amount Per Serving

**Calories** 350    Calories from Fat 30

%Daily Value\*

**Total Fat** 3g    **5%**

Saturated Fat 0g    **0%**

**Cholesterol** 0mg    **0%**

**Sodium** 180mg    **8%**

**Total Carbohydrate** 72g    **24%**

Dietary Fiber 9g    **37%**

Sugars 1g

**Protein** 11g

Vitamin A 6%    •    Vitamin C 20%

Calcium 15%    •    Iron 10%

\* Percent Daily Values are based on a 2,000 calorie diet.