

PINEAPPLE BLACK BEAN SALSA

MAKES 4 SERVINGS

INGREDIENTS


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1 (15 OUNCE) CAN PINEAPPLE
 1 (15 OUNCE) CAN BLACK BEANS
 1/3 CUP FINELY DICED RED ONION
 1/2 CUP CHOPPED CILANTRO
 JUICE OF 1/2 LIME
 1/4 TEASPOON SALT
 PINCH OF RED PEPPER FLAKES, OPTIONAL

INSTRUCTIONS

1. Drain the pineapple and chop into smaller pieces, about the size of black beans. Drain and rinse the black beans.
2. Place the chopped pineapple, black beans, red onion, and cilantro in a large bowl.
3. Squeeze the juice of half the lime (about 1 tablespoon) over the ingredients in the bowl along with salt and a pinch of red pepper flakes, if desired. Toss to combine.
4. Serve with whole grain tortilla chips. Enjoy!

Nutrition Facts

Servings: 4

| Amount per serving | % Daily Value* |
|---------------------------------|----------------|
| Calories | 107 |
| Total Fat 0.2g | 0% |
| Saturated Fat 0g | 0% |
| Cholesterol 0mg | 0% |
| Sodium 153mg | 7% |
| Total Carbohydrate 22.6g | 8% |
| Dietary Fiber 3.4g | 12% |
| Total Sugars 10.6g | |
| Protein 3.3g | |
| Vitamin D 0mcg | 0% |
| Calcium 46mg | 4% |
| Iron 1mg | 8% |
| Potassium 169mg | 4% |



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