Black Bean Fiesta Salad  
Makes 6 – ½ cup servings

Ingredients:
- 1 15 ounce can of black beans, drained and rinsed
- 1 cup chopped fresh tomatoes
- ½ cup chopped fresh green bell peppers
- ¼ teaspoon minced fresh garlic
- ¼ teaspoon cumin powder
- 2 tablespoons fresh lime juice
- ½ cup chopped fresh cilantro (optional)

Directions:
1. In a large bowl, combine black beans, tomatoes, peppers, garlic, cumin, lime juice and cilantro (optional) until mixed evenly.
2. Serve after 1 hour. You can enjoy on its own, or with baked tortilla chips.

Source: Finding A Balance curriculum, Food and Nutrition Education in Communities, Cornell University, Division of Nutritional Sciences

Nutrition Facts
6 servings per container  
Serving size 1/2 cup (119g)

Amount per serving
Calories  70

% Daily Value*
Total Fat 0g 0%
Saturated Fat 0g 0%
Trans Fat 0g 0%
Cholesterol 0mg 0%
Sodium 210mg 9%
Total Carbohydrate 14g 5%
Dietary Fiber 6g 21%
Total Sugars 2g
Includes 0g Added Sugars 0%
Protein 4g

Vitamin D 0mcg 0%
Calcium 27mg 2%
Iron 1mg 6%
Potassium 355mg 8%

*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.

0% calories from fat