

Tropical Bean Salsa

Serves 6 | ½ c serving

Nutrition Information

Calories: 56 Sodium: 125mg Carbohydrate: 12g



Ingredients

1 c canned black beans

1½ c mango*, diced

½ c red bell pepper, diced

1 Tbsp cilantro, chopped

1 Tbsp lime juice

* Mango could be replaced with fresh or frozen and thawed cantaloupe, peaches, pineapple, or papaya.

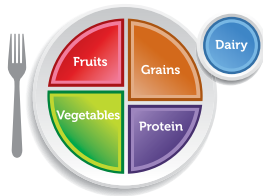
Directions

1. Drain and rinse black beans.
2. In a medium bowl, mix together black beans, mango, and red pepper.
3. Add lime juice, cilantro, and toss.
4. Serve with tortilla chips or on tacos.

Additional Information

Eating a mix of foods from the food groups is important to promote health. The MyPlate icon is a reminder to make healthy choices from each of the five food groups. Vegetables are organized into subgroups based on their nutrient content. The vegetable subgroups include *dark green*, *red and orange*, *beans and peas (legumes)*, *starchy*, and *other*.

Foods in the *beans and peas (legumes)* subgroup are an excellent source of protein. They provide nutrients such as iron, zinc, potassium and folate. In addition, they are an excellent source of dietary fiber. Vegetables in this subgroup include black beans, garbanzo beans, kidney beans, lentils, navy beans, pinto beans, and refried beans.



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