

Effortless **Salsa** Bean and Corn Dip

4 servings

Estimated cost per serving: \$1.00

- 1 cup frozen corn, thawed
- 1 (15 oz) can of black beans, rinsed & drained
- 1 small jalapeño* pepper, chopped
- 1 medium tomato, diced
- 1 small onion, diced
- ¼ cup red wine vinegar
- 2 Tbsp canola or olive oil



*If you can't handle too much **heat**, remove the seeds of the jalapeño (add them for extra **hotness!**). Also, be careful not to touch your eyes after chopping jalapeños, the heat of the pepper can burn them.

1. Throw everything in a medium bowl and mix.
2. Refrigerate for one hour to let the flavors mix.
3. Serve with baked tortilla chips (see our recipe on this site), roll up in a whole wheat tortilla for a filling wrap or enjoy in a wheat pita half lined with lettuce.

Nutrition facts per serving, about ¼ cup: 190 calories, 8g total fat, 0.5g saturated fat, 0g cholesterol, 200mg sodium, 28g carbohydrates, 7g dietary fiber, 7g protein

Good source of Vitamin C, iron and dietary fiber

Pyramid servings: 1 cup vegetables, 1 ½ oz meat and beans

Nutrition Note: Dietary fiber is a great way to fill you up, not out. It takes our bodies longer to break down fiber-rich foods, leaving you feeling fuller longer. Fiber may also help control blood cholesterol and blood sugar. The recommended intake of fiber is 25-35g per day for adults, which can be hard to consume. Here are some ways to increase your fiber intake: buy whole grain breads that have at least 3g fiber per slice and whole grain cereals that have at least 5g fiber per serving (1 oz); add fruit to your cereal at breakfast; order sandwiches on whole-grain bread and add veggies like tomatoes, peppers & lettuce; be adventurous and try different whole grains such as brown rice, bulgur, quinoa and wheat berries; eat more beans in place of meats. Whole grains, legumes (beans and peas), fruits and vegetables are all good sources of dietary fiber. See www.mypyramid.gov for tips on how to get more of these foods into your daily diet.

Recipe provided by Keri Tonia, MSU Dietetics Student, 4/07.

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