

PINEAPPLE BEAN SALSA

Prep Time: 5 minutes

Cook Time: 25 minutes

Included in Box:

- 1 (15 oz) can no salt black beans, drained and rinsed
- 1 c. canned pineapple in light syrup, drained
- ½ c. canned low sodium diced tomatoes, drained

Additional Ingredients Needed:

- 1 small onion (preferably red), finely chopped (-½ c.)
- 1 T lime juice

Directions:

1. Dice pineapple chunks into small pieces.
2. Combine all ingredients in bowl and mix.
3. Cover and refrigerate for 20 minutes before serving.

Tip: Add fresh or dried cilantro and diced avocado for extra flavor and punch!



Nutrition Facts*

Total Servings: 14
Serving Size: ¼ c. salsa
Calories: 39
Fat: 0 g
Sodium: 44 mg
Carbohydrates: 8.5 g
Fiber: 2.5 g
Protein: 2 g
Carbohydrate Servings: 1

**Nutrient facts include canned 50% less sodium black beans, canned pineapple chunks in light syrup, canned no salt added diced tomatoes, small red onion, and fresh lime juice.*