

Recipe Category: Cold Main Dish

Fiesta Bean Salad

Yield: 1 serving, about 2 cups

1/2 tortilla, preferably whole wheat, 8 inches in diameter

1/2 cup cooked black beans, cooked without salt, rinsed and drained

2 tablespoons salsa

1 tablespoon reduced fat "light" ranch dressing

1/4 medium green sweet bell pepper, diced

2 tablespoons shredded cheese, such as cheddar or colby

1 cup bite-size pieces of fresh salad greens, such as spinach or romaine

- 1. Wash your hands and work area.
- 2. Cut the half tortilla in half. Place in a bread toaster. Toast until it is crispy. Cut into narrow strips about two inches long. Set tortilla strips aside.
- 3. In a bowl, stir together beans, salsa, dressing, sweet bell pepper and cheese.
- 4. Place salad greens on a serving plate. Mound bean mixture over the greens.
- 5. Sprinkle tortilla chips on top of salad just before serving so they do not become soggy.
- 6. Cover and refrigerate leftovers within two hours.



Meal suggestion: Serve with an apple and yogurt.

This lean, quick and easy-to-make cold main dish is an excellent source of vitamins A and C, and dietary fiber, calcium and iron.

Nutrition Facts

Serving Size about 2 cups (230g) Servings Per Container 1

Amount Per Servin	g		
Calories 290	Cald	ories from	r Fat 80
		% Da	ily Value'
Total Fat 9g			14%
Saturated Fa	t 3.5g		18%
Trans Fat 0g			
Cholesterol 20)mg		7%
Sodium 520mg]		22%
Total Carbohy	drate	38g	13%
Dietary Fiber	10g		40%
Sugars 3g			
Protein 15g			
Vitamin A 60%	• '	√itamin C	60%
Calcium 20%	•	ron 20%	
*Percent Daily Value diet. Your daily value depending on your c	es may b	e higher or l	
Saturated Fat Le Cholesterol Le	ss than ss than ss than ss than	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300 mg 2,400mg 375g 30g

2 1/2 carbohydrate choices per serving.