

Ingredients:

3 Sisters Salad
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1 (15-ounce) can low-sodium or no salt added beans such as black, kidney, or garbanzo beans

1 (11-ounce) can corn with red and green peppers drained or 1 cup fresh or frozen corn, thawed

1 small zucchini chopped

1 tablespoon chopped cilantro

2 tablespoons lime juice (about 1/2 lime)

1 jalapeño, seeds removed and finely chopped (optional)

Directions:

1. Wash your hands with soap and warm water.
2. Open can of beans. Drain and rinse beans and pour into a medium bowl.
3. Add corn, zucchini, cilantro, lime juice, jalapeno and stir to combine.
4. Serve right away or refrigerate and serve cold.

Nutrition Facts (Per Serving)

Calories, 132; Carbohydrate, 24 g; Protein, 8 g; Total Fat, 1 g; Saturated Fat, 0 g; trans fat, 0 g; Cholesterol, 0 mg; Fiber, 7 g; Total Sugars, 1 g; Sodium, 472 mg; Calcium, 44 mg; Folate, 85 mcg; Iron, 2 mg; Percent Calories from Fat, 7%.

Makes 4 servings, approximately 1 cup each.

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.