

***MARQUETTE GENERAL HOSPITAL***

***HEART HEALTHY RECIPE***

*Try this recipe for a heart healthy alternative to snack foods:*

**BEAN SALSA**

1 15 oz. can **each** northern beans, black beans, and kidney beans-rinse and drain.

1 large tomato, diced

2 cups frozen corn

$\frac{3}{4}$  cup celery, chopped

$\frac{1}{8}$  cup red onion, chopped

1 large red pepper, chopped

$\frac{3}{4}$  cup salsa

$\frac{1}{4}$  cup **each** lime juice and olive oil

1  $\frac{1}{2}$  tsp. chili powder

$\frac{1}{2}$  tsp. ground cumin

Combine all ingredients. Chill before serving. Great as a dip with fat free tortilla chips or as a salad side dish.

Makes 9 cups. Per  $\frac{1}{4}$  cup serving:  
70 calories, 2 gr. Fat, 3 gr. Protein,  
10 gr. Carb., 3 gr. Fiber, 70 mg. Sodium