

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, thawed
- $\frac{3}{4}$ cup celery, chopped
- $\frac{1}{2}$ cup red onion, chopped
- 1 large red pepper, chopped
- $\frac{3}{4}$ cup salsa
- $\frac{1}{2}$ 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.

Serving size: $\frac{1}{4}$ cup

Servings per container: 9 cups

Calories – 70; Calories from fat 15;

Total fat – 2 g; Saturated fat – 0g;

Cholesterol – 0mg; Sodium – 70mg;

Total carbohydrate – 10g; Fiber – 3g;

Sugars – 1g; Protein – 3g.



Marquette General Hospital



**A partnership between the
Heart Institute &
Diabetes Education
at Marquette General**

Julie Higbie, RN, MSN
Director of Cardiac Rehab

&

Sarah Balko, RD, CDE
Director of Diabetes Education

**1-800-562-9753 ext. 3473
or 906-225-3473**

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