



Pediatric Healthy Life Center's

Bean Salsa

Ingredients

- 1 can black-eyed peas
- 1 can black beans
- 2 cans shoepeg corn
- 2 cans rotel
- 1 chopped green bell pepper
- 1 chopped red bell pepper
- 1 diced, seedless jalapeño pepper
- 1 chopped yellow or white onion
- Fat-free zesty Italian salad dressing to taste

Directions

1. In a large bowl add chopped onion, red and green bell peppers, and diced jalapeño.
2. Open and rinse under water black-eyed peas, black beans, and corn. Add to bowl.
3. Open and drain rotel. Add to bowl.
4. Add Italian salad dressing to taste.
5. Mix all the ingredients well.
6. Refrigerate for a few hours to let the flavors blend together.
7. Add to your favorite foods or eat alone. Enjoy!



Serving Suggestions

Serve over grilled or baked chicken, pork chops, or fish

Serve as a dip with baked tortilla chips or vegetables

Add to a salad in place of salad dressing

Add to fajitas and tacos instead of adding cheese and sour cream.

Add to baked potatoes instead of sour cream and butter

