

Black Bean & Corn Salsa

PROTEIN
3rd Graders

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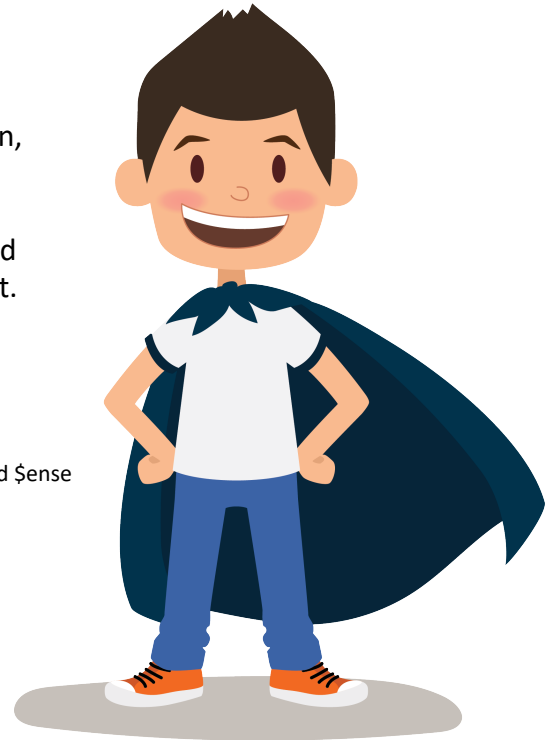
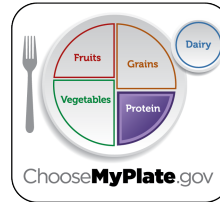
INGREDIENTS

- 2 cans low-sodium black beans (15 ounces)
- 1 can tomatoes, petite diced with mild chilies (15 ounces) with juice
- 1 can low-sodium corn (15 ounces)
- 1 avocado, diced
- 6 green onions, chopped
- ¼ cup fresh cilantro, finely chopped
- 2 Tbsp olive oil
- 3 Tbsp lemon juice
- 1 tsp salt
- ½ tsp pepper

DIRECTIONS

Stir together black beans, corn, tomato, avocado, onion, and cilantro lightly. In a separate bowl, whisk the dressing ingredients then add to bean mixture. Toss to coat. Serve with tortilla chips.

Source: Utah State University Extension, Food Sense



Soft Bean Taco

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INGREDIENTS

- 1 can pinto beans (15 ounces)
- 3 Tbsp salsa
- 4 whole wheat tortillas, 7-inch
- 1 cup shredded lettuce
- 1 cup chopped tomato
- ½ cup grated low-fat cheddar cheese

DIRECTIONS

Drain and rinse canned beans; mash with fork. Add taco sauce to moisten. Spread mashed bean mixture on half of tortilla. Top bean spread with lettuce, tomato, and cheese. Add more taco sauce if desired. Fold in half, then cut into two pieces. Each serving is two pieces.

Source: Adapted from Food, Fun, and Reading, Pre-kindergarten through Grade 2 Nutrition and Literacy Education Program –Protein Group, The University of Vermont Extension.

