



Southwestern salsa with whole grain low-fat corn tortilla chips

Portions: 6

Think of snacks as mini-meals! This delicious healthy snack includes foods from three food groups: grains, vegetables, and protein!

Ingredients

- 1 16-oz jar of ready-to-serve mild salsa
- ½ cup of drained, rinsed canned corn
- ½ cup of drained, rinsed canned black beans
- Whole grain low-fat corn tortilla chips

Directions

In a bowl, mix salsa, corn, black beans together. Serve with whole grain low-fat corn tortilla chips.

Food Groups	Amount Per Portion
Grains (tortilla chips)	1 ounce(s)
Vegetables	½ cup(s)
Red & Orange (salsa)	¼ cup(s)
Other (corn)	¼ cup(s)
Protein Foods	0 ounce(s)
Black Beans	0 ounce(s)
Limits	Amount Per Portion
Total Calories	132 Calories
Added Sugars	0 Calories
Protein	5 g
Carbohydrate	27 g
Dietary Fiber	4 g
Total Sugars	4 g
Added Sugars	0 g
Total Fat	1 g
Cholesterol	0 mg
Minerals	Amount Per Portion
Calcium	63 mg
Vitamins	Amount Per Portion
Vitamin A	21 µg RAE
Source: www.SuperTracker.usda.gov	