Recipe for Southwestern Black Bean Salad

1 cup canned black beans
1/2 cup salsa
Salad greens
Whole grain crackers

1 cup canned corn kernels
1/4 cup shredded cheese
Low-fat sour cream (optional)

Drain and rinse the black beans and corn kernels using a colander if available. Mix with the salsa. Spoon the mixture onto the salad greens and top with the shredded cheese. Garnish with a dollop of the sour cream if desired. Serve with whole grain crackers.

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