

Healthy Eating: Meals Without Cooking¹

Karla P. Shelnett²



Can you find the words that relate to the southwestern black bean salad in the word search below?

N R E T S E W H T U O S
 H C S N A E B K C A L B
 J R F J A S L A S K B J
 G A S T L S E S E E H C
 F C O R N K E R N E L S
 V K U I A W C M A N Q O
 T E R C H C Z A H T F D
 A R C A L S Q Y N S V I
 D S R O O P A Y X N P E
 F R E A H S L L C Y E R
 J Z A J Q E T F A H J D
 R Y M N V S P G T D L D

Word Bank
 Black beans
 Canned
 Cheese
 Corn kernels
 Crackers
 Salad
 Salsa
 Sour Cream
 Southwestern



Recipe for Southwestern Black Bean Salad

<i>1 cup canned black beans</i>	<i>1 cup canned corn kernels</i>
<i>½ cup salsa</i>	<i>¼ cup shredded cheese</i>
<i>Salad greens</i>	<i>Low-fat sour cream (optional)</i>
<i>Whole grain crackers</i>	

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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