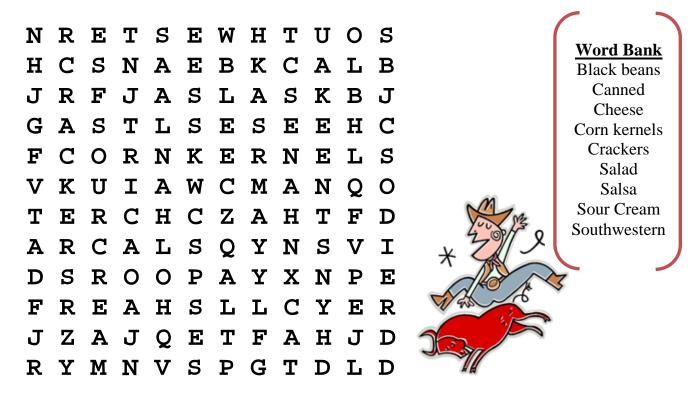


Healthy Eating: Meals Without Cooking¹

Karla P. Shelnutt²

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



Recipe for Southwestern Black Bean Salad

1 cup canned black beans ½ cup salsa Salad greens Whole grain crackers

1 cup canned corn kernels ¼ 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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