

Black Bean Pico de Gallo

INGREDIENTS

- 1 can (15 oz.) black beans, rinse well & drained
- 5 roma tomatoes, seeded finely chopped
- 1/2 purple (or yellow) onion, finely chopped
- ½ cup red & green pepper, finely chopped
- 1 clove garlic, minced
- 1 canned Chipotle pepper and a little of the adobo sauce, seeds removed and diced
- chopped cilantro, to taste
- 1/4 tsp. hot pepper flakes
- 2 T canola oil
- juice of 1 lime
- salt/pepper to taste

DIRECTIONS

1. Mix rinsed and drained black beans and into a bowl and add other ingredients and stir a few times to combine.
2. Chill 1 hour before serving.
3. Serve with avocado, and tortilla chips.



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HEALTHY SWAPS

- **Lower Fat:** Omit oil. 132 calories 1g fat (0g saturated fat, 0 mg cholesterol.) 560mg Sodium. 26g Carbohydrates (9g Fiber, 5g Total sugar.) 8g Protein.
- **Lower Carbohydrate:** Beans and vegetables are the source of carbohydrates in this dish, no further reductions recommended. Using an alternative salsa is recommended.
- **Lower Sodium:** Use salt substitute and “no salt added” black beans. Reduces sodium to 10mg.
- **Dairy-free:** Recipe is dairy-free as is.
- **Gluten-free:** Recipe is gluten-free as is.

Nutrition Facts		Amount/serving		Amount/serving		
			% Daily Value*		% Daily Value*	
4 servings per container Serving size 1 Cup Calories per serving	Total Fat 7g		9%	Total Carbohydrate 26g	9%	
	Saturated Fat 1g		5%	Dietary Fiber 9g	32%	
	Trans Fat 0g			Total Sugars 5g		
	Cholesterol 0mg		0%	Includes 0g Added Sugars	0%	
	Sodium 560mg		24%	Protein 8g	16%	
	Vitamin D 0mcg	0%	Calcium 54mg	4%	Iron 3mg	15%
	Potassium 635mg	15%				

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.