



**Issue # 450**

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### **Kids in the Kitchen**

This week's recipe comes from our healthy kids program, created to help instill the importance of nutrition in a younger generation. Protein helps maintain a strong immune system, promotes cell growth and repair, and aids in muscle health. To teach the power of plant proteins, we're featuring a fun and easy dish made with fiber-rich beans, colorful corn and crunchy peppers and carrots. By helping your kids make nutritious choices today, you're putting them on track for a healthier future.

### **Southwestern Bean Salad**

- 1 can (about 15 oz.) no-salt-added black beans\*
- 1 cup no-salt-added canned corn kernels
- 1 cup chopped green, red or yellow bell pepper
- 1 cup chopped carrot
- 3/4 cup mild tomato salsa
- 1 Tbsp. olive oil

Open can of beans and can of corn. Over the sink, empty both cans into a strainer and rinse thoroughly. Let water drain from strainer. Put the beans and corn into a large salad bowl. Add chopped pepper, chopped carrots, olive oil and salsa. Mix together with a large spoon and serve.

\*If you don't have low-sodium beans, rinse regular beans thoroughly in a colander and drain before using to significantly decrease sodium content.

**Makes 6 servings.**

**Per serving:** 125 calories, 3 g fat (<1 g sat fat), 22 g carbohydrates, 6 g protein, 5 g fiber, 211 mg sodium.