

Eat Right, Eat Healthful at Fiesta



Go low on Calories and Sodium!

Opt for fajita taco with corn tortilla which has **lower calories** and **lower sodium** than fajita taco with flour tortilla.



Add Colors!

Fruit cup adds sweet freshness and has **only 96 calories**.



Fiber Up!

One ear of corn on the cob has **more fiber** than a cup of oatmeal!



Watch for the Hidden Sugars!

Aguas Frescas is a **healthier alternative** to sugary drinks.



Chalupa Anyone!

Chalupa with chicken and beans has **less fat** than Nachos with chicken and cheese.



Black Bean and Corn Salsa

Recipe Yield 4 to 6 servings

Ingredients

- 1/3 cup fresh lime juice
- 1/2 cup olive oil
- 1 clove garlic, minced
- 1 teaspoon salt
- 1/8 teaspoon ground cayenne pepper
- 2 (15 ounce) cans black beans, rinsed and drained
- 1 1/2 cups frozen corn kernels
- 1 cucumber – peeled and diced
- 1 red bell pepper, chopped
- 2 tomatoes, chopped
- 6 green onions, thinly sliced
- 1/2 cup chopped fresh cilantro (optional)



Directions

Place lime juice, olive oil, garlic, salt, and cayenne pepper in a small jar. Cover with lid, and shake until ingredients are well mixed.

In a salad bowl, combine beans, corn, avocado, bell pepper, tomatoes, green onions, and cilantro. Shake lime dressing, and pour it over the salad. Stir salad to coat vegetables and beans with dressing, and serve.