

 **Prep:** 15 minutes  
 **Cook:** 0 minutes  
 **Servings:** 6

# Black Bean Salsa with Pineapple

## INGREDIENTS

- 1 can (~15 oz) Black Beans, any variety, *drained and rinsed*
- 2 cups pineapple tidbits, *drained with juice reserved*
- 1 cup red bell pepper, *diced*
- 6 green onions, *thinly sliced*
- ¼ cup cilantro leaves, *chopped*
- ¼ cup reserved pineapple juice
- 1 Tbsp olive oil
- 1 jalapeño pepper, *minced*

## DIRECTIONS

1. Combine all ingredients in bowl. Toss and serve.



---

### Nutrition Information (per serving)

Calories 230	Carbohydrate 41g	Calcium 81mg (6%)
Total Fat 3.2g	Fiber 9g	Iron 3mg (16%)
Saturated Fat 0.5g	Sugars 6g	Potassium 880mg (19%)
	Protein 11g	

