

 **Prep:** 30 minutes  
 **Cook:** 0 minutes  
 **Servings:** 8

# Three Bean Confetti Salsa

## INGREDIENTS

1 tsp garlic, *chopped*  
¼ cup red wine vinegar  
1 Tbsp Dijon mustard  
¼ cup extra-virgin olive oil  
½ can (~15 oz) Black Beans, any variety,  
*drained and rinsed*  
½ can (~16 oz) Pinto Beans, any variety,  
*drained and rinsed*  
½ can (~15.8 oz) Great Northern Beans,  
any variety, *drained and rinsed*  
½ cup cooked canned corn  
¼ cup red pepper, *diced*  
1 can (3 oz) chopped green chilies,  
*drained*  
½ cup red onion, *chopped*  
2 Tbsp cilantro, *chopped*  
1 avocado, *chopped*  
(*cut right before using*)  
Salt and black pepper to taste

## DIRECTIONS

1. In small bowl, combine garlic, red wine vinegar and mustard. Let sit for 5 minutes. Whisk in olive oil. Set aside.
2. Place beans, corn, red pepper, chilies, red onion and cilantro in medium bowl. Pour in vinegar mixture, gently mix.
3. Fold in avocado and adjust seasonings.

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### Nutrition Analysis, per serving (without optional toppings)

Calories 153	Carbohydrate 11g	Sodium 98mg (4% DV)
Total Fat 11.6g	Fiber 4g	
Saturated Fat 2g	Protein 3g	



**Canned  
Beans**  
OPEN THE POSSIBILITIES