



Healthy Eating: Meals Without Cooking¹

Linda B. Bobroff²

Can you find the words that relate to the Southwestern Black Bean Salad in the word search below?

Word Bank	N	R	E	T	S	E	W	H	T	U	O	S
Black beans	H	C	S	N	A	E	B	K	C	A	L	B
Canned	J	R	F	J	A	S	L	A	S	K	B	J
Cheese	G	A	S	T	L	S	E	S	E	E	H	C
Corn kernels	F	C	O	R	N	K	E	R	N	E	L	S
Crackers	V	K	U	I	A	W	C	M	A	N	Q	O
Salad	T	E	R	C	H	C	Z	A	H	T	F	D
Salsa	A	R	C	A	L	S	Q	Y	N	S	V	I
Sour cream	D	S	R	O	O	P	A	Y	X	N	P	E
Southwestern	F	R	E	A	H	S	L	L	C	Y	E	R
	J	Z	A	J	Q	E	T	F	A	H	J	D
	R	Y	M	N	V	S	P	G	T	D	L	D

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Recipe for Southwestern Black Bean Salad

Ingredients

1 cup low-sodium canned black beans

1 cup low-sodium canned corn kernels

1/2 cup salsa

1 avocado, chopped

1/4 cup shredded cheese

Salad greens

Reduced fat sour cream (optional)

2 tablespoons cilantro, chopped (optional)

Whole grain crackers

Instructions

Drain and rinse the black beans and corn kernels using a colander if available. Mix in a bowl with the salsa and avocado. Spoon the mixture onto the salad greens and top with the shredded cheese. Garnish with a dollop of sour cream and a sprinkle of cilantro if desired. Serve with whole grain crackers.



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