

Goode Foods™ Two Bean Salsa

Ingredients:

- 1 can of Goode Foods™ Pinto Beans (drained)
- 1 can of Goode Foods™ Black Beans (drained)
- 3 TB Extra-Virgin Olive Oil
- ½ Red Onion (diced)
- 1 Jalapeño (seeded and diced)
- 2 Limes (zest and juice)
- 1 TB Salt-Free Adobo seasoning (dry)
- 1 Roma Tomato (diced) 1 cup Chopped Cilantro (fresh)
- 1 TB Dehydrated Garlic
- Salt and Pepper

Directions:

- Add all of the ingredients except for beans and cilantro into a bowl.
- Refrigerate for 1 hour.
- Remove and add beans and cilantro.
- Refrigerate for 1 hour more.
- Check taste.
- Serve chilled or room temperature with tortilla chips.

Nutritional Information: (8 Servings)

- 247 Calories from Fat
- 16 g Total Fat
- 0 mg Cholesterol
- 411 mg Sodium
- 23 g Total Carbohydrate
- 6 g Dietary Fiber
- 3 g Sugar
- 6 g Protein

