

Black Bean Sauce

Ingredients

1 (15-ounce) can black beans, rinsed and drained

1 medium red bell pepper, trimmed, seeded and minced

1 small yellow onion, minced

½ cup orange juice

2 Tablespoons balsamic vinegar

2 cloves garlic, minced

¼ teaspoon salt

1/8 teaspoon ground black pepper

Makes 12 servings

Instructions

1. In a medium size bowl, mash the black beans with a fork.
2. Add the bell pepper, onion, orange juice, balsamic vinegar, garlic, salt and pepper. Mix until fully blended.
3. Chill the sauce until ready to serve or, if desired, heat it before serving.

Notes:

- May be served on top or as a side with chicken.
- If desired, sauce can be used in place of salsa in other recipes.

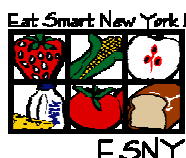
Nutrition Facts

Serving Size 1/4 cup		Servings Per Container 12	
Amount Per Serving			
Calories 40	Calories from Fat 0		
% Daily Value*			
Total Fat 0g			0%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 160mg			7%
Total Carbohydrate 7g			2%
Dietary Fiber 2g			8%
Sugars 1g			
Protein 2g			
Vitamin A 6%		Vitamin C 30%	
Calcium 2%		Iron 2%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	Carbohydrate 4	Protein 4

0% calories from fat

Source: Adapted from: American Dietetic Association: It's a Matter of Fact.

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