



Pineapple Black Bean Salsa

1 can (15 oz.) black beans

2 cups pineapple tidbits, drained (reserve juice)

1 cup diced red bell pepper

5 green onions, thinly sliced

¼ cup cilantro (coriander) , chopped

¼ cup reserved pineapple juice

1 Tbsp. olive oil

1 minced jalapeno pepper, seeded

Mix ingredients in a bowl. Serve immediately or store covered in refrigerator.

Yield: 9 servings

Serving size: Each serving will provide at meat alternate a snack for children 3-5 years.

Hint: Serve with whole grain tortilla chips (wheat or corn) for a complete snack. Each 3-5 year old child would need at least 0.5 oz. of tortilla chips.