

DID YOU KNOW?

APRIL IS BLACK BEANS MONTH

FACT #1

Beans are part of the legume family, which also includes peanuts, lentils, peas and soybeans.

FACT #2

Rich in iron, folate, fiber and protein, beans are a nutrient-dense food option for any meal.

FACT #3

Black beans are native to Central and South America with a deep history of over 7,000 years as a staple in the diet.

BABY



RECOMMENDED DAILY AMOUNT OF FRUITS & VEGETABLES

	VEGETABLES	FRUITS
Children, Ages 4-8	1 ½ cups	1 - 1 ½ cups
Children, Ages 9-13	2 - 2 ½ cups	1 ½ cups
Teens, Ages 14-18	2 ½ - 3 cups	1 ½ - 2 cups

CORN AND BLACK BEAN SALSA

Number of Servings: 48
Serving Size: ¼ cup

INGREDIENTS:

1 TBSP CANOLA / OLIVE OIL	½ TSP CHILI POWDER
6 CUPS CORN	¼ OZ FRESH CILANTRO
¼ CUP CHOPPED ONIONS	6 CUPS BLACK BEANS
⅓ OZ RAW GARLIC	¼ OZ LIME JUICE
½ TSP GROUND CUMIN	¼ TSP SALT
½ OZ SLICED JALAPENO	

DIRECTIONS:

MIX ALL INGREDIENTS TOGETHER. SERVE COLD