



Black Bean and Corn Salsa

MAKES: 16, 2oz servings | **PREP TIME:** 10 min | **TOTAL TIME:** 10 minutes

INGREDIENTS:

- 1 (15oz) can **Kuner's® Black Beans**, drained, rinsed
- 1 (15oz) can **Kuner's® Whole Kernel Corn**, drained
- 1 (14.5oz) can **Kuner's® Diced Tomatoes with Jalapeños**, drained
- 1/2 cup sliced green onions (about 4 large)
- 1/4 cup chopped fresh cilantro
- 1 teaspoon grated lime peel
- 2 tablespoons fresh lime juice
- 2 tablespoons olive oil
- 1/2 teaspoon ground cumin
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

PREPARATION:

In large bowl, combine all ingredients; mix well.
Serve with tortilla chips.



TIP: This salsa is great with chips, but can also be served as a first course salad. Just spoon it over salad greens. It is also good spooned into tacos.

NUTRITIONAL FACTS PER SERVING:

Calories: 50 (From Fat 15), Total Fat 2g (Saturated Fat 0g, Trans Fat 0g), Cholesterol 0mg, Sodium 180mg, Total Carbohydrate 8g (Fiber 2g, Sugars 2g) Protein 1g, Vitamin A 2%, Vitamin C 10%, Calcium 2%, Iron 4% (Does not include tortilla chips)



Slow Cooker Chicken Taco Chili

MAKES: 10, 8oz servings | **PREP TIME:** 10 min | **TOTAL TIME:** 6 to 8 hours

INGREDIENTS:

- 1 (15.5oz) can **Kuner's® No Salt Added Red Kidney Beans**, drained, rinsed
- 1 (15oz) can **Kuner's® No Salt Added Black Beans**, drained, rinsed
- 1 (15oz) can **Kuner's® Whole Kernel Corn**, drained
- 2 (14.5oz) **Kuner's® Chili Tomatoes** (do not drain)
- 1 large onion, chopped (about 1 cup)
- 1 (1oz) package 25% less sodium taco seasoning mix
- 1 tablespoon ground cumin
- 1 (20oz) package boneless skinless chicken breasts
- 1 (8oz) can tomato sauce

PREPARATION:

Spray 3 1/2 to 4 1/2-quart slow cooker with cooking spray. Add all ingredients except chicken and tomato sauce to slow cooker; mix well. Place chicken over the top of the ingredients. Pour tomato sauce over chicken.

Cover; cook on low heat setting 6 to 8 hours or until chicken is fork tender and temperature in center of chicken is at least 165°F.

Remove chicken to cutting board. With two forks, shred into bite-size pieces. Return to slow cooker; stir to combine. Serve.



TIP: Serve topped with fresh cilantro, shredded cheddar cheese and/or sour cream.

NUTRITIONAL FACTS PER SERVING:

Calories: 180 (From Fat 10), Total Fat 1g (Saturated Fat 0g, Trans Fat 0g), Cholesterol 30mg, Sodium 580mg, Total Carbohydrate 23g (Fiber 7g, Sugars 7g), Protein 17g, Vitamin A 8%, Vitamin C 15%, Calcium 6%, Iron 15%



Black Bean Brownies

MAKES: 24, 1 1/2oz brownies | **PREP TIME:** 10 min | **TOTAL TIME:** 1 hour 5 min

INGREDIENTS:

- 1 cup **Kuner's® Black Beans**, rinsed, drained
- 1/2 cup unsweetened cocoa powder
- 1/3 cup butter or margarine, softened
- 2 cups sugar
- 4 eggs
- 2/3 cup all-purpose flour
- 1 teaspoon salt
- 1/2 teaspoon baking powder
- 1 (16oz) can chocolate frosting, if desired

PREPARATION:

Heat oven to 350°F. Spray 13x9-inch pan with cooking spray. In food processor, place beans. Cover; process 30 seconds or until smooth. Add cocoa, butter, sugar and eggs. Cover; process 30 seconds or until smooth.

In large bowl, mix all remaining ingredients except frosting. Stir in bean mixture until well blended. Spread in pan. Bake 25 minutes or until edges are dry and center is set when tapped with finger. Cool 30 minutes or until completely cool. Frost as desired. Cut 4x6 into bars.



TIP: Use the extra black beans in any salad for a flavor and nutrition boost.

NUTRITIONAL FACTS PER SERVING:

Calories: 110 (From Fat 20), Total Fat 2.5g (Saturated Fat 1.5g, Trans Fat 0g), Cholesterol 50mg, Sodium 170mg, Total Carbohydrate 22g (Fiber 1g, Sugars 17g), Protein 2g, Vitamin A 4%, Vitamin C 0%, Calcium 2%, Iron 4%