Mexicali Cheddar Bean Salad (No Oven Recipe)

Makes 8 servings (1 cup each)

**Stuff You Need**
- Can opener
- Strainer
- Cutting knife
- Cutting board
- 1 large bowl
- 1 large spoon
- Measuring cups
- Measuring spoons
- Plastic wrap
- Plastic forks (1 per participant)
- Plastic bowls or small plates (1 per participant)

**What’s In It?**
- 1 can (16 oz.) black beans, rinsed, drained
- 1 can (16 oz.) kidney beans, rinsed, drained
- 1 can (16 oz.) navy or great northern beans, rinsed, drained
- 6 oz. reduced fat sharp Cheddar cheese, cubed
- 1 small red pepper, chopped
- 1/2 cup salsa
- 1/2 cup sliced green onions
- 1 Tbsp. lime juice (bottled)

**How to Put It Together**
1. Open cans of beans; place beans in a strainer and rinse well.
2. Ask an adult to help with cutting up the cheese (into small cubes), the red peppers and the green onions.
3. Measure salsa and lime juice.
4. Blend all ingredients together in large bowl.

**Why It’s Good for You**
This snack is a source of calcium from the reduced fat cheese and counts towards your daily Milk Group goal! You also get fiber from the veggies and beans. Plus the beans count towards your daily Meat & Beans Group goal!

**Nutrition Information Per Serving (1 cup):**
- 120 calories, 3.5g total fat, 2g saturated fat, 10mg cholesterol, 470mg sodium, 14g carbohydrate, 4g dietary fiber, 3g sugars, 8g protein, 10%DV vitamin A, 20%DV vitamin C, 10%DV calcium, 6%DV iron.