



## ***Hallo-Beans***

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Source: Family Fun Magazine; Serves 8

1 (15-ounce) can black beans (50% less sodium), drained and rinsed  
1 large orange pepper, chopped  
1/2 cup chopped jicama (about 1/4 of a 12-ounce jicama)  
1/3 cup vinaigrette salad dressing

1. Combine the beans, pepper, and jicama in a medium-size bowl.
2. Stir in the salad dressing and chill before serving.

### **Nutritional Analysis**

Serving Size: 1/2 cup

Calories	70
Fat	2.5g
Saturated Fat	0g
Trans Fat	0g
Cholesterol	0mg
Sodium	210mg
Carbohydrates	11g
Fiber	3g
Sugar	2g
Protein	2g