



Be Heart Smart *

'Move More' Tip of the Day

Find yourself standing in line—stand on one leg or step side to side while waiting.

Black Bean Corn Salsa

Servings 4 | Prep time 10 mins. | Total time 10 mins.

Ingredients

- 1/4 C lime juice, bottled
- Garlic salt, to taste
- 1, 15 oz can black beans, drained and rinsed
- 1, 15 oz can Corn
- 1, 15 oz can canned diced tomatoes (optional)
- 1 bag whole grain tortilla chips (optional)

Instructions

Combine black beans, corn, and tomatoes (optional) into a large bowl. Mix together. Add lime juice and garlic salt to taste.

Nutrition Tip: Replacing meat with legumes in snacks and meals cuts the amount of fat in our diet. Aim to have a meatless snack or meal at least one time each week.

Find more delicious recipes!

- Celebrate Your Plate - <https://celebrateyourplate.org>
- American Heart Association - <https://www.heart.org>
- Common Threads - <https://www.commonthreads.org>



* Material provided is for informational purposes only. Please consult your medical professional for activity and diet advice for your individual health condition



THE OHIO STATE UNIVERSITY
EXTENSION

CFAES provides research and related educational programs to clients on a nondiscriminatory basis. For more information: go.osu.edu/cfaesdiversity.

OSU Extension Office - - Washington County
1115 Gilman Avenue, Marietta, OH 45750
740-376-7431