

Corn and Bean Medley

Ingredients:

- 3 tablespoons liquid drained from canned corn
- ¼ cup chopped onion
- 1 cup canned, whole-kernel corn, drained
- ¾ cup kidney beans, cooked
- ¾ teaspoon chili powder
- ¼ teaspoon hot red pepper flakes (optional)

Preparation:

1. Heat 3 tablespoons of liquid from canned corn in saucepan.
2. Cook onion in liquid until soft, about 2 minutes.
3. Add corn, kidney beans, chili powder, and hot red pepper flakes to onion mixture.
4. Cook over low heat for about 10 minutes.

Yields 4 (¼ cup) servings

Nutritional Information Per Serving: 100 calories, 4g protein, 17g carbohydrate (4g fiber), 1g fat, 0mg cholesterol, 210mg sodium

Source: U.S. Department of Agriculture

