



United States Department of Agriculture  
What's Cooking? USDA Mixing Bowl

Find more recipes at [www.usda.gov/whatscooking](http://www.usda.gov/whatscooking)

USDA is an equal opportunity provider, employer, and lender.

## "Molten Lava" Salsa

**Makes:** 12 or 48 Servings

Ingredients	12 Servings		48 Servings	
	Weight	Measure	Weight	Measure
Black beans, canned or cooked from dry		3 cups		12 cups
Mild salsa		2 cups		8 cups
Whole grain pita wedges, crackers for dipping		1/4 cup		1 cup
Vegetables for dipping		3/4 cup		3 cups

### Directions

1. Purée beans with salsa.
2. Serve with whole grain pita wedges, whole grain crackers or vegetables for dipping.

### Notes

Serving Tips:

Salsa is a healthy snack for any time of day. Salsa can also be a topper for potatoes, fish or chicken.

### My Notes

**Source:** Improving Nutrition & Physical Activity Quality in Delaware Child Care, Delaware Team Nutrition

## Nutrition Information

<b>Nutrients</b>	<b>Amount</b>
Calories	67
Total Fat	0 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	226 mg
Total Carbohydrate	12 g
Dietary Fiber	4 g
Total Sugars	1 g
Added Sugars included	N/A
Protein	4 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available