

## **Appetizers**

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# **Black Bean Salsa with Pineapple**

Albertson's

**Servings: 6**

**1 can (15 oz) black beans, drained & rinsed**  
**2 cups pineapple tidbits, drained with juice reserved**  
**1 cup red bell pepper, diced**  
**6 green onions, thinly sliced**  
**1/4 cup cilantro leaves, whole, chopped**  
**1/4 cup reserved pineapple juice**  
**1 tablespoon olive oil**  
**1 seeded jalapeno pepper, minced**

Combine all ingredients in a bowl. Toss and serve.

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Per Serving (excluding unknown items): 142 Calories; 3g Fat (17.1% calories from fat); 7g Protein; 23g Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol; 5mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fat.