

**Prep Time:** 5 minutes

**Cook Time:** 5 minutes

**PANS/EQUIPMENT:** medium saucepan

**Number of Servings:** 4-6, depending on ages

**1 (16 ounce) can black beans** (organic if possible)

**1 (8 ounces) jar salsa**, *EatSmart Sweet Garden Salsa*

**1/4 cup parsley, fresh, finely chopped**

**1/2 cup mozzarella cheese, shredded**

Mix together in saucepan. Heat thoroughly and cheese melted. Serve.

OPTION: Puree mixture for those who don't want to eat "chunks."

**5 God-made Food Colors:** red, green, white, yellow, brown

**5 Food Groups:** fruit, vegetables, legumes, dairy, herbs/spices

#### **PERFORMANCE RATING: 5/5**

For a dip, a 5/5 Performance rating is superb. Salsa is a great way to get nutrient-dense fruit, vegetables, herbs and spices into your children's diet. Low calorie, too. When you add protein from the black beans, you have a well balance recipe, almost a meal. You can serve it with veggies such as baby carrots and celery, or healthier chips... you know we highly recommend the falafel ones. You can puree this dip for the fussy texture people in your family. Either way, they will be consuming all this good food!

Opening a jar and a can and heating them up... sprinkle some shredded cheese on top - it doesn't get much easier than this! Keep salsa and black beans stored in your cupboard so when you have surprise guests or are asked to take something to a football party, you can throw this together in minutes!