

# Colorful Southwestern Bean Salad

with the Super Crew®!



the  
**Super Crew**

## Tools

- Can opener
- Strainer or colander
- Large salad bowl
- Mixing spoon
- Knife
- Plates
- Napkins



**“I love salsa because it’s loaded with tomatoes, which keep our hearts healthy, protect us from cancer, and help us remember better. Yippee!”**

- Baby Tom-Tom

## Ingredients

- 1 can (about 15 oz.) no-salt-added black beans\*
- 1 cup no-salt-added canned corn kernels
- 1 cup chopped green, red or yellow bell pepper
- 1 cup chopped carrot
- 3/4 cup mild tomato salsa
- 1 Tbsp. olive oil

\*If you don't have low-sodium beans, rinse regular beans thoroughly in a colander and drain before using to significantly decrease sodium content.



## Directions

- Open can of beans and can of corn.
- Over the sink, empty both cans into a strainer and rinse thoroughly.
- Let water drain from strainer.
- Put the beans and corn into a large salad bowl.
- Add chopped pepper, chopped carrots, olive oil and salsa.
- Mix together with a large spoon and serve.

**Makes 6 servings.**

**Per serving: 125 calories,  
3 g total fat (<1 g saturated fat),  
22 g carbohydrates,  
6 g protein, 5 g dietary fiber,  
211 mg sodium.**

**“Black beans are my favorite because they give me long-lasting energy, which helps me move at super speeds!”**

-Penny

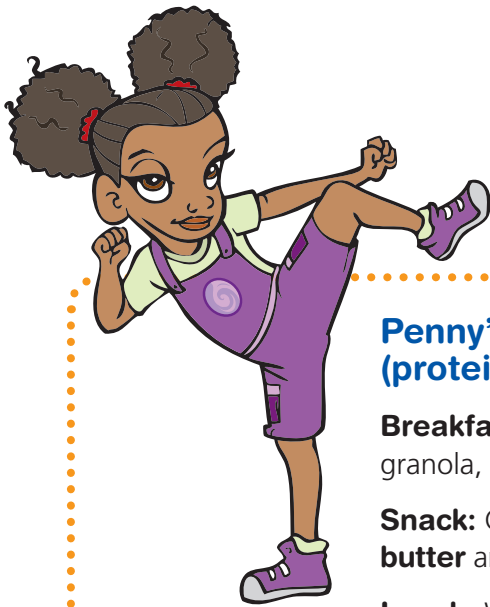


# Help Penny find out if she had enough protein today!

Penny is 10 years old and she is in the 5th grade. She loves to run, works hard in school and her favorite hobby is Kung Fu. She needs **5 ounce equivalents** of protein each day to keep her growing strong and healthy! Use the table to help Penny determine if what she ate today had enough protein.

Protein Foods	Ounce Equivalents
1 slice of turkey	1
½ cup of soy or dairy yogurt	1
1 egg	1
1 Tablespoon (Tbsp.) peanut butter	1
½ cup of cooked beans	2
2 Tablespoons (Tbsp.) hummus	1

Protein Needs Per Day	
<b>Children under Age 8:</b>	
2-3 years old	2 ounce equivalents
4-8 years old	4 ounce equivalents
<b>Girls Ages 9+:</b>	
9-13 years old	5 ounce equivalents
14-18 years old	5 ounce equivalents
<b>Boys Ages 9+:</b>	
9-13 years old	5 ounce equivalents
14-18 years old	6 ½ ounce equivalents



## How many ounce equivalents do you need per day?

### Penny's Meals for the Day (protein foods are in bold type)

**Breakfast:** ½ cup **yogurt** with raisins and granola, sprinkled with cinnamon

**Snack:** Celery with 1 Tbsp. of **peanut butter** and raisins

**Lunch:** Whole-wheat sandwich with 1 slice of **turkey**, romaine lettuce, roasted red pepper and 2 Tbsp. of **hummus** and an apple

**Snack:** Orange

**Dinner:** ½ cup of **bean chili** with a whole-grain roll, string beans with garlic and 1 tsp. olive oil and fruit salad

### Let's count how many ounce equivalents Penny had today!

**Breakfast:**  
½ cup of yogurt = \_\_\_\_

**Snack:**  
1 Tbsp. of peanut butter = \_\_\_\_

**Lunch:**  
2 Tbsp. of hummus = \_\_\_\_

1 slice of turkey = \_\_\_\_

**Dinner:**  
½ cup of beans = \_\_\_\_

**Total ounce equivalents = \_\_\_\_**

Did Penny get all the protein she needs for a healthy body so she can be a Kung Fu master? \_\_\_\_\_

Visit [www.aicr.org](http://www.aicr.org) and [www.superkidsnutrition.com](http://www.superkidsnutrition.com) to learn how to make healthy eating and living choices and for more fun activities with the Super Crew.