

Fiesta Parfait

Makes 1 serving

INGREDIENTS

- 1/2 cup drained canned Pinto beans
- 1/2 cup plain low-fat plain yogurt
- 1/2 tsp Mexican seasoning
- 6 Tbsp low-sodium salsa
- 1/4 cup iceberg lettuce
- 1 Tbsp shredded Cheddar cheese

Note: Serve with tortilla chips for dipping.

INSTRUCTIONS

1. Drain and rinse beans. Set aside.
2. Mix yogurt with Mexican seasoning. Set aside.
3. Layer into 12 oz. clear cups:
 - 1/2 cup drained beans
 - 1/2 cup seasoned yogurt
 - 3/8 cup salsa (6 Tbsp)
 - 1/4 cup shredded lettuce
4. Garnish with 1 Tbsp. Cheddar cheese

NUTRITIONAL FACTS: PER SERVING

Calories: 160 kcal	Calcium: 20% DV
Total Fat: 3 g	Protein: 11 g
Saturated Fat: 2 g	Carbohydrates: 20 g
Cholesterol: 12 mg	Dietary Fiber: 5 g
Sodium: 270 mg	Vitamin A: 4% DV
Iron: 0% DV	Vitamin C: 2% DV

