

# Refried Beans

## Ingredients

- 4-1/3 cups canned refried beans
- 1/3 cup salsa, low sodium
- 1/4 cup shredded cheddar cheese, low fat

## Directions

1. Place beans in a 9 x 13 inch pan with salsa and mix until fully incorporated.
2. Cover with foil and place in a 350° F oven for 30 minutes or until internal temperature reaches 165° F. Remove from oven and garnish with cheese.

## Notes

**Number of Portions:** 4

**Serving Size:** 1/2 cup

**Nutrition Facts:** 251

calories, 6.17 g fat, 2.29 g

saturated fat, 1,005 mg

sodium, 36.18 g

carbohydrate, 10.10 g fiber,

2 g sugar, 13.97 g protein

