

# **SNAPPY LUNCH**

(serves 2)

## **INGREDIENTS AND QUANTITIES:**

1 cup Canned kidney beans  
1/2 cup Salsa  
1/4 cup Grated cheddar cheese  
1/4 cup Grated mozzarella cheese

## **EQUIPEMENT & UTENSILS:**

Microwave safe cereal bowls  
Small wet and dry measures  
Mixing spoon  
Oven mitts  
Mixing bowl  
Cheese grater

## **PROCEDURE:**

1. Put the kidney beans into the mixing bowl. Add the salsa. Stir.
2. Divide the bean salsa mixture between your two cereal bowls.
3. Sprinkle with both cheeses.
4. Microwave on high for about two minutes until the cheeses are melted.
5. Use the oven mitts to remove the bowl to a hot pad.