

Farmers Market Salsa

Makes: 8 servings

Lime, garlic, and fresh vegetables give this black bean and corn salsa a kick of flavor.

Ingredients

1/2 cup corn (fresh cooked or frozen)

1 can black beans (15 ounce, drained and rinsed)

1 cup tomatoes (fresh diced)

1/2 cup onion (diced)

1/2 cup green pepper (diced)

2 tablespoons lime juice

2 garlic clove (finely chopped)

1/2 cup picante sauce

Directions

1. Combine all ingredients in a large bowl. Chill until serving time.
2. Drain before serving.
3. Serve with low-fat baked tortilla chips or fresh vegetables.

Notes

This salsa uses fresh vegetables that are available year-round and add flavor and beautiful color. Kids and grown-ups alike can't resist how good it tastes. If you have a hand-held chopper, this is an easy task for kids in helping with

Nutrition Information

Nutrients	Amount
Calories	70
Total Fat	0 g
Saturated Fat	0 g
Cholesterol	0
Sodium	230 mg
Total Carbohydrate	13 g
Dietary Fiber	3 g
Total Sugars	2
Added Sugars included	N/A
Protein	3 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available

the recipe.

Safety Tip: If cutting the corn off the cob, adult supervision is a good idea.

Source: Kansas Family Nutrition Program, Kids a Cookin'