

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 the recipe.

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

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

Kansas Family Nutrition Program, Kids a Cookin'