

# Farmers Market Salsa

Yield 8 servings

## 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

## Instructions

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.

## Cost

Per recipe: \$2.81

Per serving: \$0.35

## Source

Kansas Family Nutrition Program, [Kids a Cookin'](#)

## 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.

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

Nutrition Facts	
Serving Size 1/8 of recipe (123g)	
Servings Per Container 8	
Amount Per Serving	
<b>Calories 70</b>	Calories from Fat 5
% Daily Value*	
<b>Total Fat 0g</b>	<b>0%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 230mg</b>	<b>10%</b>
<b>Total Carbohydrate 13g</b>	<b>4%</b>
Dietary Fiber 3g	12%
Sugars 2g	
<b>Protein 3g</b>	
Vitamin A 4%	• Vitamin C 25%
Calcium 2%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	