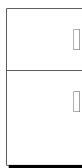


Fix It Fresh! Fruits and Vegetables Recipes Series

Recipe Category: Side Dishes (Cold)



A child could wash the vegetables and stir the mixture.



This fat-free cold side dish is high in vitamin C and is a good source of fiber.

Fresh Salsa with Black Beans

Yield: 8 servings

- 1/2 cup corn, fresh cut off the cob or frozen
- 1 can (15 ounces) black beans, drained and rinsed
- 1 cup diced fresh tomatoes
- 1/2 cup diced onion
- 1/2 cup diced green sweet bell pepper
- 2 tablespoons lime juice
- 2 cloves finely chopped garlic
- 1/2 cup picante sauce

1. Wash your hands and work area.
2. If using fresh corn, cook it as desired. If using frozen corn, let it thaw.
3. Combine all ingredients in a large bowl. Stir.
4. Cover and refrigerate for 2 hours or more to allow flavors to blend.
5. Serve cold with low fat baked tortilla chips or with baked potatoes or baked meat, fish or chicken.
6. Cover and refrigerate leftovers within 2 hours.

Original recipe from K-State Research & Extension Family Nutrition Program, Kids a Cookin'

Nutrition Facts

Serving Size 1/2 cup (101g)
Servings Per Container 8

Amount Per Serving

Calories 60 **Calories from Fat** 5

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 130mg **5%**

Total Carbohydrate 13g **4%**

Dietary Fiber 4g **16%**

Sugars 2g

Protein 3g

Vitamin A 6% • **Vitamin C** 20%

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

1 carbohydrate choice per serving

Diabetic exchanges per serving: 1/2 starch and 1 vegetable

Recipe modified by Mary Meck Higgins, Ph.D., R.D., L.D., CDE, Assistant Professor, Department of Human Nutrition. **Kansas State University Agricultural Experiment Station and Cooperative Extension Service, Manhattan, KS.** Contents of this publication may be reproduced for educational purposes. All other rights reserved. For more information about healthy eating, contact your local extension office. Kansas State University is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program. **The Food Assistance Program can help people of all ages with low income buy nutritious foods for a better diet. To find out more, call 1-888-369-4777.**

July 2003; revised July 2010