



## A Tasty Salsa

### Farmers Market Salsa

Makes  
8 servings

#### Ingredients:

½ cup corn, fresh  
cooked or frozen  
1 can (15 ounce)  
black beans,  
drained and rinsed  
1 cup fresh tomatoes, diced  
½ cup onion, diced  
½ cup green pepper, diced  
2 tablespoons lime juice  
2 cloves garlic, finely chopped  
½ 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.

#### Nutrition Facts:

One serving provides 60 Calories, 5 Calories from Fat, 0 g Total Fat, 0 g Saturated Fat, 0 g Trans Fat, 320 mg Sodium, 14 g Total Carbohydrate, 4 g Dietary Fiber, 3 g Sugar, 4 g Protein, 2% Calcium, 4% Iron

#### Kids-a-Cookin' Recipe

Newsletter developed by Susie Bilderback, Extension Program Assistant, NEA; Tandalayo Kidd, Ph.D., R.D., L.P.N., Associate Professor/Extension Specialist in Human Nutrition • Wally illustrations by Bob Davis, Engineering Communications • Resources: Adapted from <http://www.choosemyplate.gov/>, <http://www.kidsacookin.org>, <http://www.healthykansas.org>, and *Red Light, Green Light, Eat Right*, by Joanna Dolgoff, M.D.

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