



A Nutrition Resource

FARMERS MARKET SALSA

Yield: 8 Servings | Serving Size: 1/2 cup

Cost/serving: \$0.38

Ingredients:

- 1/2 cup fresh cooked or frozen corn
- 1 cup cooked black beans (or 1/2 of a 15-ounce can of black beans, drained and well-rinsed)
- 1 cup fresh diced tomatoes
- 1/2 cup diced onion
- 1/2 cup diced green pepper
- 2 Tablespoons lime juice
- 2 cloves garlic, finely chopped or 1/4 teaspoon garlic powder

Directions:

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

Adapted from www.foodhero.org.

Nutrition Facts

8 servings per container

Serving size 1/2 cup (112g)

Amount per serving

Calories 80

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 125mg 5%

Total Carbohydrate 16g 6%

Dietary Fiber 5g 18%

Total Sugars 3g

Includes 0g Added Sugars 0%

Protein 5g

Vitamin D 0mcg 0%

Calcium 19mg 2%

Iron 1mg 6%

Potassium 259mg 6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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