



Farmers Market Salsa



Ingredients

½ cup **corn** (canned and drained, frozen, or fresh cooked)

1 can (15 ounces) **black beans**, drained and rinsed

1 cup fresh diced **tomatoes**

½ cup diced **onion**

½ cup **green pepper**, seeded and diced (about ¾ a small pepper)

2 tablespoons **lime juice**

2 cloves **garlic**, finely chopped or ½ teaspoon garlic powder

½ cup **picante sauce**

Makes: 4 cups

Prep time: 15 minutes



Directions

1. Combine all ingredients in a large bowl. Chill until serving time.
2. Drain before serving.
3. Refrigerate leftovers within 2 hours.

This recipe video was created by the [Oregon Farm Direct Nutrition Program](#).

Notes

- One large ear of corn makes about 1 cup of cut corn.
- Serve with fresh vegetables or Food Hero Baked Tortilla Chips.
- Cook your own dry beans. One can (15 ounces) is about 1 ½ to 1 ¾ cups drained beans.

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon SafeNet at 211. USDA is an equal opportunity provider and employer. 2017 Oregon State University Extension Service offers educational programs, activities, and materials without discrimination based on age, color, disability, gender identity or expression, genetic information, marital status, national origin, race, religion, sex, sexual orientation, or veteran's status. Oregon State University Extension Service is an Equal Opportunity Employer.

Nutrition Facts

32 servings per container	
Serving size	2 Tablespoons (30g)
Amount per Serving	
Calories	15
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 50mg	2%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 8mg	0%
Iron 0mg	0%
Potassium 76mg	2%
Vitamin A 3mcg	0%
Vitamin C 3mg	4%

*The % Daily Value (DV) 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.