

Farmers Market Salsa



Ingredients

1/2 cup corn (canned and drained, frozen, or fresh cooked)

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

- 1 cup fresh diced tomatoes
- 1/2 cup diced **onion**

1/2 cup green pepper, seeded and diced (about 3/4 a small pepper)

2 tablespoons lime juice

2 cloves garlic, finely chopped or 1/2 teaspoon garlic powder

1/2 cup picante sauce

Directions

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

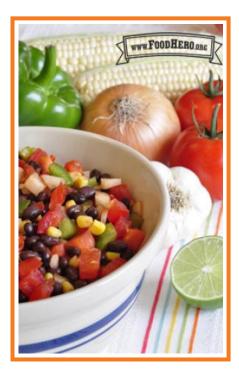
This recipe video was created by the Oregon Farm Direct Nutrition Program.

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 1/2 to 1 3/4 cups drained beans.

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Makes: 4 cups Prep time: 15 minutes



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32 servings per container	
Serving size 2 Tablespoon	is (30g)
Amount per Serving	
Calories	15
Calories	10
~ Dai	ily Value*
Total Fat Og	0%
Saturated Fat 0g	0 %
Trans Fat 0g	
Cholesterol Omg	0%
Sodium 50mg	2%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 1g	
	0.0/
Vitamin D 0mcg	0%
Calcium 8mg	0%
Iron Omg	0%
Potassium 76mg	2%
Vitamin A 3mcg	0%
Vitamin C 3mg	4 %

calories a day is used for general nutrition advice.