

Fresh Salsa

K-STATE
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Frontier District

Servings: 8

Serving Size: ½ cup

Ingredients:

- ¾ 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. Wash your hands and work area.
2. Combine all ingredients in a large bowl. Chill until serving time.
3. Drain before serving.
4. Serve with low fat baked tortilla chips or fresh vegetables.

Nutrition Facts

8 servings per container
Serving size 1/2 Cup (129g)

Amount per serving
Calories 70

	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 290mg	13%
Total Carbohydrate 13g	5%
Dietary Fiber 3g	11%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 23mg	2%
Iron 1mg	6%
Potassium 125mg	2%

*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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