



# Recipe: Salsa



## INGREDIENTS

1/2 cup corn (fresh cooked or frozen)  
1 can black beans (15 ounce, drained and rinsed)  
1 cup tomatoes (fresh, diced)  
1/2 cup onion (diced)  
1/2 cup green pepper (diced)  
2 tablespoons lime juice  
2 garlic cloves (finely chopped)  
1/2 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: 8 servings, Calories 95, Total fat 0g, Saturated fat 0g, Sodium 236mg, Total carbohydrates 19g, Fiber 6g, Protein 5g.

Source: U.S. Department of Agriculture