

Farmers Market Salsa

This recipe is a good source of vitamin C, which keeps gums and blood vessels healthy.

Ingredients:

- 1/2 cup fresh cooked or frozen **corn**
- 1 can (15-ounce) drained and rinsed **black beans**
- 1 cup fresh diced **tomatoes**
- 1/2 cup diced **onion**
- 1/2 cup diced **green pepper**
- 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. Refrigerate leftovers within 2-3 hours.

Tips:

- Serve with low-fat baked tortilla chips or fresh vegetables.

Nutrition Facts	
Serving Size 1/2 Cup (124g)	
Servings Per Container 8	
Amount Per Serving	
Calories 70	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 280mg	12%
Total Carbohydrate 12g	4%
Dietary Fiber 4g	16%
Sugars 2g	
Protein 3g	
Vitamin A 6%	• Vitamin C 20%
Calcium 2%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

8 servings, 1/2 cup each

Bright Ideas:

Source: 2006. Adapted from Kids a Cookin', Kansas Family Nutrition Program. Kim Wiedman, OSU Extension Service, Portland. For more recipes and other resources on eating well for less, visit the OSU web site at <http://healthyrecipes.oregonstate.edu> (hp 2006)

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