Fresh Salsa

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
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.