

Farmers Market Salsa (Salsa del Mercado de Agricultores)

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) **black beans**, drained and rinsed
- 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.



Tip: 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

Source: Oregon State University Extension Service, County. For more recipes and other resources on eating well for less, visit the OSU web site at <http://www.healthyrecipes.oregonstate.edu>.

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