



Healthy Food, Healthy Families

EFNEP

EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM

Farmer's Market Salsa

- 1/2 cup corn, fresh cooked or frozen
- 1 can (15 ounce) black beans, drained and rinsed
- 1 cup fresh tomatoes, diced
- 1/2 cup onion, diced
- 1/2 cup green pepper, diced
- 2 tablespoons lime juice
- 2 cloves garlic, finely chopped
- 1/2 cup picante sauce

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	
Serving Size 1/4 cup (63g)	
Servings Per Container 16	
Amount Per Serving	
Calories 30	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 190mg	8%
Total Carbohydrate 7g	2%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 1g	
Vitamin A 2%	Vitamin C 15%
Calcium 2%	Iron 2%



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For more information contact Wildcat Extension Offices:

Pittsburg	620-232-1930
Girard	620-724-8233
Altamont	620-784-5337
Independence	620-331-2690