

Farmers Market Salsa

Fun Food Recipe

What you need:

- ½ cup frozen corn
- ½ cup canned black beans, drained and rinsed
- ½ cup fresh tomatoes, diced
- ¼ cup onion, diced
- ¼ cup green pepper, diced
- 1 tablespoon lime juice
- 2 cloves garlic, finely chopped, or ½ teaspoon dried minced garlic
- ¼ cup picante sauce
- Baked corn tortilla chips or cut-up fresh vegetables for dipping

What you do:

1. Wash your hands and all surfaces.
2. Combine all ingredients in a large bowl.
3. Drain before serving.
4. Serve with fresh vegetables or low-fat baked tortilla chips.
5. Refrigerate leftovers immediately.

