

Garden Salsa

Lime, garlic, and fresh vegetables give this black bean and corn salsa a kick of flavor.

Makes: 8 servings

Ingredients

- ½ cup fresh or frozen corn, cooked?(or canned corn, drained)
- 1 can (15 ounces) low-sodium black beans, drained and rinsed
- 1 cup tomatoes, diced
- ½ cup red onions, diced
- ½ cup green pepper, diced
- 2 tablespoons lime juice
- 2 cloves garlic, finely chopped
- ½ cup picante sauce



Directions

1. Combine all ingredients in a large bowl. Chill until serving time.
2. Using a strainer, drain the liquid from the bowl before serving.
3. Serve with tortilla chips or fresh vegetables.

Notes

- This salsa uses fresh vegetables that are available throughout the year.
- If you have a hand-held chopper, this is an easy task for kids to help with preparing the recipe.

Recipe from: Kansas Family Nutrition Program, adapted by the USDA Food and Nutrition Administration.

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