

Farmer's Market Salsa

Think you don't like vegetables? This tasty salsa will make you think twice!

8 servings

Ingredients:

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

Directions:

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:

One serving provides 70 calories, 0.5g total fat, 0mg cholesterol,

170mg sodium, 12g total carbohydrate