

Farmers market salsa



Recipe credit

University of Minnesota Extension Department of Family, Health and Wellbeing

About this recipe

Serves

8

Serving size

1/2 cup

Time to make

20 minutes preparation

Special criteria

[Vegetarian recipes](#)

Ingredients

- 1/2 cup fresh corn, cooked or frozen
- 1 - 15 ounce can of 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 or jarred salsa

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.

Tips and variations

- Make cooked black beans from scratch to save money. Follow the instructions for the quick hot soak or overnight soak method found on [Preparing dry beans and whole dry peas](#).
- To decrease the sodium, look for low-sodium or no-sodium black beans
- Older children can help by washing and chopping vegetables.
- Salsa will become juicy after sitting for a while. This is normal.

Nutritional info

Calories

60

Total fat

0 g

Saturated fat

0 g

Cholesterol

0 mg

Sodium

65 mg

Total carbohydrates

14 g

Dietary fiber

4.9 g

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