

Corn Salsa

Ingredients:

- 2 cups corn
- 8 oz can black beans
- 8 oz can diced tomatoes (drained)
- ¼ cup cilantro
- Juice from 1 lime

Directions:

Add ingredients and stir.



Pump it Up: Every time you add a new ingredient do 5 squats.



Food for Thought: Veggies don't have to be boring! This kickin' salsa is a great way to fit in your veggies for the day! Remember, aim for at least 3 servings of veggies each day (each serving is about the size of a baseball).

Tasty Thoughts: _____

