



Corn Salsa

Number of Servings: 8

Serving Size: ½ cup

Equipment:

None

Ingredients:

2 cups fresh corn cut from the cob
8 ounce canned black beans, drained and rinsed
8 ounce canned low sodium diced tomatoes, drained
¼ cup cilantro
juice from 1 lime

Directions:

Mix all ingredients in a bowl and serve.

Cost per recipe: \$3.82

Cost per serving: \$0.48

MyPlate servings: ½ serving vegetables

Nutrition Facts

Serving Size 1/2 cup
Serving Per Container 8

Amount Per Serving

Calories 76

% Daily Values*

Total Fat 1g		2%
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol 0mg		0%
Potassium 249mg		7%
Sodium 62mg		3%
Total Carbohydrate 16g		5%
Dietary Fiber 3g		12%
Sugars 3g		
Protein 4g		8%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

		Calories	2,000	2,500
Total Fat	Less than	65g	80g	
Sat Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2400mg	2400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

****Nutrition Analysis:** performed using
<https://www.supertracker.usda.gov>

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).