



A Nutrition Resource



# FARMERS MARKET SALSA

**Yield: 8 Servings | Serving Size: 1/2 cup**

**Cost/serving: \$0.38**

**Ingredients:**

- 1/2 cup fresh cooked or frozen corn
- 1 cup cooked black beans (or 1/2 of a 15-ounce can of black beans, drained and well-rinsed)
- 1 cup fresh diced tomatoes
- 1/2 cup diced onion
- 1/2 cup diced green pepper
- 2 Tablespoons lime juice
- 2 cloves garlic, finely chopped or 1/4 teaspoon garlic powder

**Directions:**

- 1) Combine all ingredients in a large bowl. Chill until serving time.
- 2) Drain before serving. Serve with low-fat baked tortilla chips or fresh vegetables.

*Adapted from [www.foodhero.org](http://www.foodhero.org).*

## Nutrition Facts

8 servings per container

**Serving size** 1/2 cup (112g)

**Amount per serving**

**Calories** **80**

**% Daily Value\***

**Total Fat** 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 125mg **5%**

**Total Carbohydrate** 16g **6%**

Dietary Fiber 5g **18%**

Total Sugars 3g

Includes 0g Added Sugars **0%**

**Protein** 5g

Vitamin D 0mcg **0%**

Calcium 19mg **2%**

Iron 1mg **6%**

Potassium 259mg **6%**

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Buy Eat Live Better Nutrition Education Program | [www.montana.edu/extension/buyeatlivebetter](http://www.montana.edu/extension/buyeatlivebetter)



Find us on Pinterest  
[pinterest.com/buyeatlive](https://pinterest.com/buyeatlive)



Find us on Facebook  
[facebook.com/buyeatlivebetter](https://facebook.com/buyeatlivebetter)

**This institution is an equal opportunity provider.**

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the Montana Public Assistance Helpline at 1-888-706-1535 or [www.apply.mt.gov](http://www.apply.mt.gov). Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.



**MONTANA**  
STATE UNIVERSITY

EXTENSION