

# Farmers Market Salsa Recipe

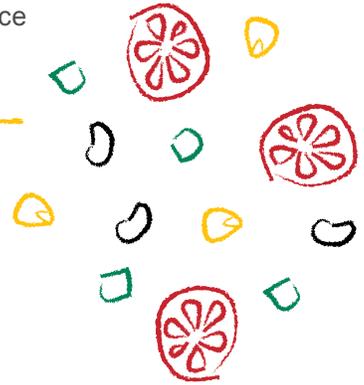
Eat smart to play hard. Power up with fruit and vegetable snacks! The ingredients you discovered during your *Food Explorer* scavenger hunt mix together to make this delicious, healthy salsa.

## INGREDIENTS

- cup corn
- 1 can black beans (15-ounce, drained and rinsed)
- 1 cup tomatoes (diced)
- cup onion (diced)
- cup green bell pepper (diced)
- 2 tablespoons lime juice
- 2 garlic cloves (finely chopped)
- cup picante sauce

## INSTRUCTIONS

1. Combine all ingredients in a large bowl. Chill until serving time.
2. Drain before serving.
3. Serve with whole-grain pita chips, baked tortilla chips, or fresh vegetables.



Salsa recipe adapted from Kansas Family Nutrition Program, by way of the SNAP-ED Recipe Finder Database, National Agricultural Library, United States Department of Agriculture.