

Farmers' Market Salsa

Think you don't like vegetables? Think again!

 Level: Medium

Serves 8

Kids' Tool Kit

Mixing bowl
Strainer
Measuring cups
Measuring spoons
Knife
Cutting board
Spoon

Ingredients:

1/2 cup corn, fresh cooked or frozen
1 can (15 ounce) 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



Chef's Choice

Farmers' Market Salsa
Baked chips
Veggie sticks
Milk



Directions:

Remember to wash your hands!

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.



Helpful Hints: This salsa uses fresh vegetables that are available year-round and add flavor and beautiful color. Kids and grown-ups alike can't resist how good it tastes. If you have a hand-held chopper, this is an easy task for kids in helping with the recipe.



Safety Tip: If cutting the corn off the cob, adult supervision is a good idea.

Nutrition Facts

Serving Size 1/2 cup (125g)	
Servings Per Container 8	
Amount Per Serving	
Calories 70	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 230mg	7%
Total Carbohydrate 13g	4%
Dietary Fiber 4g	15%
Sugars 2g	
Protein 4g	
Vitamin A 4%	Vitamin C 30%
Calcium 2%	Iron 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
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

For more information about this and other fun recipes: contact your county extension office or visit the Web site at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.