

FARMERS MARKET SALSA

Makes: 8 servings | Total Time: 15 minutes

INGREDIENTS

3/4 cup corn, fresh, canned or frozen
1 can (15 oz) black beans, drained and rinsed
1 cup tomatoes, diced, fresh or canned
1/2 red onion, diced
1/2 green bell pepper, diced
2 tablespoons lime juice
2 garlic clove, minced
1/2 cup picante sauce

INSTRUCTIONS

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.