

Pablo's Salsa

Serves 8

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
1/4 cup chopped cilantro, optional



Directions:

1. Remember to wash hands.
2. Combine all ingredients in a large bowl. Chill until serving time.
3. Drain before serving.
4. Serve with low fat baked tortilla chips or fresh vegetables.

Nutrition Facts: One 1/2 cup serving provides 70 calories, .5mg total fat, 0mg cholesterol, 230mg sodium, 13g total carbohydrate, 4g protein, 30% vitamin C

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