What you need:

- ½ cup frozen corn
- ½ cup canned black beans, drained and rinsed
- ½ cup fresh tomatoes, diced
- ¼ cup onion, diced
- ¼ cup green pepper, diced
- 1 tablespoon lime juice
- 2 cloves garlic, finely chopped, or ½ teaspoon dried minced garlic
- ¼ cup picante sauce
- Baked corn tortilla chips or cut-up fresh vegetables for dipping

What you do:

- 1. Wash your hands and all surfaces.
- 2. Combine all ingredients in a large bowl.
- 3. Drain before serving.
- Serve with fresh vegetables or low-fat baked tortilla chips.
- 5. Refrigerate leftovers immediately.





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For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016. Running out of money for food? Contact your local food stamp office or go online to myds.mo.gov/food-assistance/food-stamp-program.