

## Garden Fresh Salsa

### Ingredients

- 3 Tomatoes, diced
- 1 Bell Pepper, diced
- 1 medium Red Onion, diced
- 1 ½ cups Corn (fresh, canned, or frozen)
- 1 can Black Beans, rinsed
- Juice of 1 Lime
- 1 bundle Cilantro

### Directions

1. Rinse tomatoes, pepper, cilantro, corn, and black beans
2. Dice tomatoes, pepper, onion, and cilantro
3. Combine ingredients together in a large bowl and squeeze fresh lime juice over the top

**Nutrition Information (per serving)** Serving size: 1 cup, Servings: 15  
Calories: 55, Protein: 3g, Carbohydrate: 11g, Sugar: 2g, Fat: 0g, Sodium: 38mg