

Veggie Salsa



Ingredients:

- 1 cup corn, rinse and drain if using canned
- 1 cup black beans, rinse and drain if using canned
- 1 cup chopped red onion
- 1 red bell pepper, seeded and diced
- 1 green bell pepper, seeded and diced
- 1 yellow bell pepper, seeded and diced
- 1 jalapeno pepper, seeded and diced (leave some seeds if you like the heat from the pepper)
- 4 tomatoes, diced (about 2 cups)
- 2 garlic cloves, minced
- 1/2 cup chopped fresh cilantro
- 1/4 cup lime juice
- 1/2 teaspoon salt

Directions:

1. Combine ingredients in a bowl.
2. Refrigerate for at least one hour before serving. This allows the flavors to blend.
3. Serve with whole-grain chips or bread.

Makes 12 servings



Tarrant County Public Health
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