

Harvest Salsa

Breakfast/Lunch/Supper/Snack Crediting for Ages 3-5



Total Time

10 minutes



Serving Size

1/2 cup



Servings

8



Components

Vegetables

Ingredients

- 1 (15 oz) can of black beans
- 1 (15 oz) can of corn kernels
- 1/4 cup cilantro, minced
- 1/4 red onion, diced
- 2 Roma tomatoes, diced
- 1 lime, juiced
- 1/4 tsp salt

Directions

1. Mix all ingredients into a medium bowl until they are well combined.
2. Serve 1/2 cup of salsa with tortilla chips or on top of tacos.

One serving provides 1/2 cup vegetable.

