



## Choices 5-A-Day Salsa



**CHOICES**  
Steps Toward  
Health

Serves 12

3 ripe, red tomatoes, diced  
4 green onions, chopped  
1 can chopped green chilies  
(or 1 jalapeno or yellow hot chili pepper)  
2 cloves garlic  
or 1/4 teaspoon garlic powder  
1/4 cup fresh cilantro, chopped  
1 teaspoon ground oregano  
1 can corn, drained  
1 can black beans, drained,  
or 1 1/2 cups cooked black beans

1. Dice tomatoes, chop onions, mince garlic and chilies.
2. Combine with herbs and mix well.
3. Stir in canned corn and black beans.

### TIPS:

- Serve as a relish or side dish, or as a dip for low-fat tortilla chips.
- Use only the first 6 ingredients for a simple basic tomato salsa.



**Nutrition Facts:** Serving size: 1/2 cup; Calories: 70; Fruits and Vegetables: 1; Fat: 1/2; Fiber: 3

Part of *Choices: Steps Toward Health* developed by UMass Extension Nutrition Education Program.

