

Salsa from the Pantry

Serves 6

- 1 (15-ounce) can tomatoes, diced, no salt added, drained
- 1 (15-ounce) can corn, no salt added, drained
- 1 small onion, diced
- 1 clove garlic, minced
- ¼ cup vinegar
- ¼ cup olive oil
- 1 tablespoon basil leaves or 1 teaspoon dried basil

1. In a bowl, combine all ingredients except for tortilla chips.
2. Refrigerate for 1 hour.
3. Serve with quesadillas, burritos or as a topping for fish or chicken.

Recipe from csfpcentral.org

Nutrition information: calories 148, total fat 9g, saturated fat 1g, sodium 32mg, carbohydrate 17g, dietary fiber 3g, protein 2g

Food for Thought

Add a can of drained and rinsed black beans for a protein and fiber packed side dish or dip.

