



Connecting schools and students with local farms
and fresh, nutritious foods!

F2S Cowboy Corn Salad

Servings: 18 (1/2 cup per serving)



Nutrition Facts	
servings per container	1/2 cup
Serving size	1/2 cup
Amount per serving	
Calories	70
	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 310mg	13%
Total Carbohydrate 12g	4%
Dietary Fiber 4g	14%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 1mg	6%
Potassium 178mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

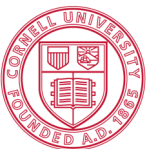
Ingredients:

- 1 (15oz.) can red or kidney beans, drained
- 1 (15 oz.) can black beans, drained
- 1 (16 oz.) bag frozen NYS sweet corn, defrosted.
- 1 (15 oz.) can crushed tomatoes
- 1 (4 oz.) can chopped green chilies, drained
- 1/4 cup finely chopped onions
- 3 limes, juiced
- 1 Tbsp. oil
- Salt and Pepper to taste

Directions:

1. Drain cans of beans and chilies. Put in a large bowl.
2. Mix in the onions and corn.
3. Add lime juice, oil, salt, and pepper.
4. Toss gently to combine.
5. Can serve with tortilla chips.
6. Makes about eighteen 1/2 cup servings.

Source: *Eating Smart, Being Active, California EFNEP and Colorado EFNEP*



Seneca County Cornell Cooperative Extension • 308 Main Street Shop Centre Waterloo, NY 13165

p: (315) 539-9251 • e: seneca@cornell.edu • www.senecacountyccce.org • Follow us   

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