

Tapas Corn Salsa



Makes 35 servings

*2 crackers and 2 Tbsp.
salsa per serving*

INGREDIENTS

- 2 cups low sodium canned corn
- 2 cups chunky salsa
- 8 ounces whole wheat crackers

PREPARATION

1. Drain ingredients.
2. Combine corn and salsa in a bowl and mix well.
3. Place 2 Tbsp. of salsa and 2 whole wheat crackers on a paper plate.
4. Serve immediately.

Nutrition information per serving: Calories 83,
Carbohydrate 14g, Dietary Fiber 2g, Protein 2g, Total Fat 3g,
Saturated Fat 1g, Trans Fat 0g, Cholesterol 0mg, Sodium 292mg



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