



LOCAL FOODS FOR GROWING MINDS

**FEED  
OUR  
FUTURE**

## RECIPE CARD

Make this dish. Make an impact.

When you choose to buy, prepare and eat fresh, local foods, it's better for you and your community! What will you make today? Cook & share with #FeedOurFuture.



## Cowboy Corn Salsa

### Featured Item: Tomato

Serving Size: ½ Cup • Number of Servings: 4

#### Fun Facts:

• A tomato is actually a fruit (!) and it comes in many colors: green, yellow, orange, and bright red.

#### Try It!

• You can eat a tomato like an apple. Sprinkle on some salt and bite in!

## INGREDIENTS

- 1 cup** Frozen Corn
- 1 cup** Black beans, canned
- ½ cup diced** Fresh tomato of choice
- ¼ cup** Italian Dressing

## DIRECTIONS

1. Chop tomatoes.
2. Drain beans.
3. Combine all ingredients and gently mix through.
4. Serve.

Source: Pisanick Partners, LLC