

Farmers Market Fun Family Recipes



Serving Size: 1/6 recipe

Yield: 6 servings

Ingredients

- 1 cup fresh tomatoes, diced
- 1/2 cup corn kernels, fresh or frozen
- 1/2 cup onion, diced
- 1 Tablespoon (or less) jalapeno peppers, chopped
- 2 Tablespoons lime juice
- 2 cloves fresh garlic, finely diced

Instructions

1. Combine all the ingredients.
2. Serve with low-fat baked tortilla chips or fresh vegetables, cut up.





Nutrition information:

Calories: 33

Carbohydrate: 8 gm

Fat: 0.4 gm

Saturated fat: 0 gm

Cholesterol: 0 mg

Sodium: 26 mg

Vitamin A

*For more information,
contact your county
WVU Extension office
or go to www.ext.wvu.edu.*



Food Safety First

Store fruits and vegetables in the refrigerator above meat and other foods to prevent cross-contamination. Cross-contamination is the transfer of bacteria, viruses, molds, and fungi from one surface or food to another. This can cause foodborne illness.

Remember

Always wash your hands before preparing or eating produce. To properly wash your hands, use warm running water, lather with soap for 20 seconds, and dry hands with a clean paper towel or hand towel. Use the towel to turn off the tap. This prevents bacteria that you transferred to the tap handle when turning on the water from recontaminating your hands.

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