

## Black Bean & Corn Salsa

Serving Size: ½ cup

Number of Servings: 12

### Ingredients:

- 1 (16 oz) jar salsa
- 1 (15.5 oz) can black beans, drained and rinsed
- 1 (15.5 oz) can corn kernels, drained and rinsed, or 1 ½ cup frozen corn
- 1 (14.4 oz) can chopped tomatoes, drained
- 2 tablespoons lemon juice
- ¼ teaspoon garlic powder
- 2 tablespoons chopped fresh cilantro or 1 teaspoon dried (can use parsley)
- ½ teaspoon ground cumin

### Directions:

- Combine all ingredients in a medium-size bowl.
- Cover and chill for 30 minutes before serving.
- Serve with baked chips or as a side dish.

Nutrition Information (per serving):

60 calories, Total Fat 0g, Saturated Fat 0g, Protein 1g, Total Carbohydrate 12 g, Dietary Fiber 4 g, Sodium 480 mg



## Best Buys for Cost & Nutrition:

- Buy regular rice, oatmeal, and grits instead of instant to save on money, sugar, and calories.
- Buy fresh fruits and vegetables in season, when they generally cost less.
- Frozen and canned fruits and veggies are a smart choice all year round.
- Dried beans and peas are a good source of protein and fiber. They last a long time without spoiling.
- Look for specials at the meat counter. Buy meat on sale for big savings.
- Buy meat in large bulk packages to save money. Freeze portions you might not use right away to prevent spoiling.

For more information or recipes, contact your county extension office.



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# Eating Right



when  
*Money's* **Tight**  
Tips for Stretching Your Food Dollars



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Many families are concerned about the rising cost of food. Here are some tips to help you stretch your food dollars.

### Planning:

Before going to the grocery store, check what foods you already have and what resources you have to spend on food. Once you know this, ask yourself these questions:

- What meals and recipes can I make using the foods I have?
- Can I mix foods together to make a tasty and nutritious meal?

Then:

- Plan what recipes you will make using your list of foods.
- Once you plan your menus, make a new list for missing foods you need to buy.
- Look for coupons, sales, and store specials.

### Shopping:

- Do not shop when you are hungry. This makes it easier to stick to your shopping list.
- Try store brands rather than name brand products. They usually cost less.
- Check “Sell By” dates. Buy the freshest food possible. It will last longer.
- Consider frozen or shelf stable items that keep longer.



- Look at the unit pricing label. Knowing the price per unit (ounce, pound, etc.) will help you compare brands to get the most for your money.

### Be Aware of Food Safety:

Use care in food handling, cooking, and storage to prevent you and your family from getting sick.

- Always wash hands with soap and water for 20 seconds before and after handling food.
- Wash raw fruits and vegetables before eating.
- Use one cutting board for fresh produce and a separate one for raw meat, poultry, and seafood.
- Thaw foods in the refrigerator for slow thawing or in the microwave if you plan to cook the food right away.
- Place leftovers in shallow containers and immediately freeze or refrigerate.

