

Summer Vegetable Salsa

6 servings

Tomatoes are a good source of vitamin A and are also high in vitamin C and lycopene. Store uncut tomatoes at room temperature for best taste.

- 1 medium zucchini, gently rubbed under cold running water, diced
- 1 medium white onion, scrubbed with clean vegetable brush under running water, diced
- 3 Roma tomatoes, gently rubbed under cold, running water, diced
- 1 Jalapeño pepper (optional), scrubbed with clean vegetable brush under running water, minced
- 4 garlic cloves, minced
- 1/2 cup fresh cilantro or parsley, gently rubbed under cold running water, chopped
- 1/2 teaspoon salt (optional)
- 1/4 cup lime juice



1. Wash hands with soap and water.
2. Put zucchini, onion and tomatoes in a medium bowl.
3. Because the jalapeño can burn the skin, an adult should remove the seeds and mince it. Mince the garlic. Add jalapeño and garlic to tomato mixture.
4. Add cilantro, salt, and lime juice to the tomato mixture. Stir well.
5. Chill in the refrigerator at least 30 minutes before serving.

Nutrition Information per Serving: (1/6 of recipe) Calories 25, Total Fat 0g, Saturated Fat 0g, Cholesterol 0mg, Sodium 198mg, Total Carbohydrate 6g, Dietary Fiber 1g, Sugars 3g, Protein 1g, Vitamin D 0%, Potassium 4%, Calcium 2%, Iron 0%.