

# Summer Vegetable Salsa

Nebraska Seasonal Produce Guide

6 Servings



**EXTENSION**

Health & Wellbeing



## Ingredients

- 1 medium zucchini, gently rubbed under cold running water, diced
- 1 medium white onion, scrubbed with a clean vegetable brush under running water, diced
- 3 Roma tomatoes, gently rubbed under cold running water, diced
- 1 jalapeno pepper (optional), scrubbed with a clean vegetable brush under running water, diced\*
- 4 garlic cloves, minced
- ½ cup fresh cilantro or parsley, gently rubbed under cold running water, chopped
- ½ teaspoon salt (optional)
- ¼ cup lime juice

## Instructions

1. Wash hands with soap and water.
2. In a medium bowl, combine all the ingredients. Mix gently.
3. Chill in the refrigerator at least 30 minutes before serving.
4. Store leftovers in a sealed container in the refrigerator for up to four days.

\*Be careful when cutting the jalapeno. Wearing gloves when handling jalapenos is recommended, as the jalapeno juices can burn the skin.

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



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