

Summer Vegetable Salsa

6 servings



Ingredients

- 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 jalapeno pepper (optional), scrubbed with 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

Nutrition Information: Serving Size (% 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%

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.

This material was funded in part by USDA's Supplemental Nutrition Assistance Program – SNAP and Expanded Food & Nutrition Education Program (EFNEP). This institution is an equal opportunity provider.

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