

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
- ½ cup fresh cilantro or parsley, gently rubbed under cold running water, chopped
- ½ teaspoon salt (optional)
- ¼ cup lime juice



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 Carbohydrate 6g, Dietary Fiber 1g, Sugars 3g, Protein 1g, Vitamin D 0%, Potassium 4%, Calcium 2%, Iron 0%.