



## 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
- <sup>1</sup>/<sub>2</sub> teaspoon salt (optional)
- 1/4 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%.

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