

Summer Vegetable Salsa

Prep time: 15 minutes

Makes: 6 Servings

All the kids will come when you put this fresh salsa on the table. Easy to make and packed with seasonal summer veggies.

Ingredients

- 1 medium zucchini
- 1 medium white onion
- 3 Roma tomatoes
- 1 jalapeño pepper (Optional)
- 4 cloves garlic
- 1/2 cup fresh cilantro or parsley (Chopped)
- 1/2 teaspoon salt
- 1/4 cup lime juice

Directions

1. Rinse all vegetables and herbs under cool running water before cutting or eating.
2. Dice zucchini, onion, and tomatoes into small pieces and put into medium bowl.
3. Because the jalapeno can burn the skin, an adult should remove the seeds and mince it. Mince the garlic. Add the seeded and minced jalapeno and garlic to the tomato mixture. ****Wear latex gloves when handling the jalapeno.**
4. Add cilantro, salt, and lime juice to the tomato mixture. Stir well.
5. Chill in the refrigerator for at least 30 minutes before serving.

Notes

- Grill the vegetables before dicing and adding them to the



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	25	
Total Fat	0 g	
Protein	1 g	
Carbohydrates	6 g	
Dietary Fiber	1 g	
Saturated Fat	0 g	
Sodium	198 mg	

*Percent Daily Values are based on a 2,000 calorie diet.

salsa.

- Instead of zucchini, you could use 1 cup of yellow squash or cucumber.
- Add watermelon, peaches, or pineapple for a fruity summer salsa.
- Serve with cut-up vegetables or whole wheat pita chips, or on top of the grilled chicken or fish!

Food Demonstration Samples: Offer 1/8-cup portions in a small cup. Makes 24 servings.

Meal Pattern Contribution Statement: 1/2 cup provides 1/8 cup dark green vegetable, 1/8 cup red/orange vegetable, and 1/4 cup other vegetable.

Summer Food, Summer Moves (FNS-607)