



Summer Salsa

Servings 4 | Prep time 30 mins. | Total time 30 mins.

Equipment: Cutting board, Medium bowl, Latex gloves

Utensils: Sharp knife, Mixing spoon

Ingredients

1 medium zucchini, diced

1 onion, diced

3 Roma tomatoes, diced

1 jalapeno pepper (optional)

4 cloves garlic, minced OR 1 teaspoon garlic powder

1/2 cup fresh cilantro or parsley, chopped

1/2 teaspoon salt

1/4 cup lemon or lime juice

Instructions

1. Before you begin wash your hands, surfaces, vegetables and utensils.
2. If using a jalapeno, put on latex gloves and remove the jalapeno seeds and dice small. If you don't have gloves, wash your hands with soap and water after handling the pepper.
3. Combine all ingredients in a medium bowl and stir to combine.
4. Chill in the refrigerator for at least 30 minutes before serving so flavors can blend.

Nutritional Information:

Calories 35 Total Fat 0.5g Sodium 300mg Total Carbs 8g Protein 2g