



Summer Salsa

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

Equipment:

Cutting board
Medium mixing bowl
Latex gloves

Utensils:

Sharp knife

Ingredients

1 medium zucchini
1 medium white onion
3 Roma tomatoes
1 jalapeno pepper (optional)
4 cloves garlic
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, utensils, and vegetables.
2. Wash all vegetables and herbs under cool running water before cutting or eating.
3. Dice zucchini, onion, and tomatoes into small pieces and put into medium bowl.
4. Jalapeno can irritate the skin; an adult should remove the seeds and mince it. Wearing latex gloves can protect your skin. If you don't use gloves, was your hands with soap after handling the pepper.
5. Mince the garlic and add to the bowl.
6. Add the seeded, minced jalapeno to the bowl
7. Add cilantro, salt, and lime juice to the tomato mixture. Stir well.
8. Chill in the refrigerator for at least 30 minutes before serving so the flavors can blend.

Nutritional Information:

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