



Summer Salsa

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

Equipment:

Sharp knife
Mixing spoon
Measuring cups and spoons

Utensils:

Sharp knife
Mixing Spoon

Ingredients

1 medium zucchini, diced
1 onion, diced
3 Roma tomatoes, diced
1 jalapeño pepper (optional)
4 cloves garlic, minced OR 4 teaspoons 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, utensils, and produce.
2. If using a jalapeño, put on disposable gloves and remove the pepper seeds. Dice small. If you don't have gloves, wash your hands with soap and water after handling the jalapeño.
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