

Eat Smart • Move More

Summer Vegetable Salsa

Prep Time: 10 minutes

Total Time: 40 minutes



Ingredients

- 3 tomatoes, diced
- 1 onion, diced
- 1 zucchini, diced
- 1 jalapeño pepper (optional), minced
- 4 garlic cloves, minced
- 1/2 cup fresh cilantro, chopped
- 1/2 teaspoon salt
- 1/4 cup lime juice
- 3 cups your favorite vegetables, sliced



Directions



1. Mix all ingredients into a mixing bowl.

NOTE: Jalapeño peppers can burn the skin. To prevent skin irritation, wear food prep gloves when handling jalapeños. Remove jalapeño seeds to cut down the spice level.

2. Chill in the refrigerator for at least 30 minutes before serving to allow flavors to marinate.

3. Serve with your favorite sliced vegetables.

Quick Tips

- Can also be served with whole-wheat Pita bread or our Homemade Tortilla Chips recipe.
- Grill the veggies before dicing and adding them to the salsa.
- Replace zucchini with yellow squash or cucumber.
- Add watermelon, peaches, or pineapple for a fruity summer salsa.
- Serve alongside grilled chicken or fish.

Nutrition Facts

6 servings per container

Serving size 1 serving (199.81g)

Amount per serving
Calories 70

% Daily Value*

Total Fat 1g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 210mg 9%

Total Carbohydrate 17g 6%

Dietary Fiber 3g 11%

Total Sugars 6g

Includes g Added Sugars

Protein 3g

Vitamin D 0mcg 0%

Calcium 20mg 0%

Iron 0.7mg 4%

Potassium 390mg 8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Follow us | Like us



www.eatsmartmovemoreva.org

This institution is an equal opportunity provider. In accordance with Federal law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, disability, and reprisal or retaliation for prior civil rights activity. (Not all prohibited bases apply to all programs.) This material was partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP – and the Expanded Food and Nutrition Education Program (EFNEP). SNAP is funded by the U.S. Department of Agriculture Food and Nutrition Service and the Expanded Food and Nutrition Education Program (EFNEP) is funded by the U.S. Department of Agriculture, National Institute of Food and Agriculture (USDA/NIFA).

Virginia Cooperative Extension

Virginia Tech • Virginia State University

Virginia Cooperative Extension programs and employment are open to all, regardless of age, color, disability, gender, gender identity, gender expression, national origin, political affiliation, race, religion, sexual orientation, genetic information, veteran status, or any other basis protected by law. An equal opportunity/affirmative action employer.

(Recipe from Summer Foods, Summer Moves, as listed at: <https://fns-prod.azureedge.net.>)

www.eatsmartmovemoreva.org