

Summer Salsa

6 servings

Ingredients:

- 1 medium zucchini, diced
- 1 medium onion, diced
- 4 roma tomatoes, chopped
- 1 jalapeno pepper, minced (optional)
- 2 cloves garlic, minced
- ½ cup chopped fresh cilantro or parsley
- ½ teaspoon salt
- ¼ cup lime juice

Directions:

1. In a bowl, mix all ingredients together. Cover, and refrigerate for at least 30 minutes before serving.
2. Serve with baked tortilla chips.

Nutrition Information per Serving:

Calories 41, Fat 0g, Protein 2g, Fiber 2g, Sodium 206mg, Carbohydrate 10g

Recipe adapted from: USDA
Mixing Bowl

