

# Recipe

County information

Adams County  
215 N Cross Suite 104  
West Union, OH 45693



Prep Time: 30 Minutes

Cook Time: -

Serving Size: 3/4 - 1 Cup

**Nutrients Per Serving:** Calories 35 ,  
Protein 2 g, Carbohydrate 8 g,  
Dietary Fiber 2 g, Total Fat 1 g,  
Saturated Fat 0 g, Sodium 300 mg

This recipe provided by the Ohio SNAP-Ed Nutrition Education Program

## Summer Salsa



### INGREDIENTS

- 1 medium zucchini
- 1 medium white onion
- 3 Roma tomatoes
- 1 jalapeño pepper (optional)
- 4 cloves garlic
- 1/2 cup fresh cilantro or parsley,  
chopped
- 1/2 teaspoon salt
- 1/4 cup lemon or lime juice

### DIRECTIONS

1. Before you begin wash your hands, surfaces, and utensils.
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. Jalapeño 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, wash your hands with soap after handling the pepper.
5. Mince the garlic and add to the bowl.
6. Add the seeded, minced jalapeño 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 that flavors can blend.

Source: [celebrateyourplate.org](http://celebrateyourplate.org)

For other healthy, low-cost recipes, visit [CelebrateYourPlate.org](http://CelebrateYourPlate.org)  
and [whatscooking.fns.usda.gov](http://whatscooking.fns.usda.gov)

