

Farmer's Market Salsa

Ingredients:

1 cup zucchini, diced
2 cups tomatoes, diced
1 cup red onion, chopped
2 cups red bell pepper, chopped
2 cups green bell pepper, chopped
2 cloves garlic, minced
½ cup fresh cilantro, chopped
1 teaspoon black pepper
½ teaspoon salt
2 teaspoons sugar
¼ cup lemon juice

Instructions:

1. Wash vegetables. Dice, chop, or mince vegetables as directed.
2. In a large bowl, combine all vegetables.
3. In a small/medium bowl, combine garlic, cilantro, pepper, salt, sugar and lemon juice. Stir until sugar is dissolved. Then pour over the vegetables. Toss everything together until well mixed.
4. Cover and refrigerate for at least 30 minutes to allow flavors to blend.

Serves: 16

Source: Mayo Clinic

Prep Time: 15 minutes + 30 minutes in refrigerator

Nutrition Facts

16 servings per container

Serving size 1/2 cup

Amount per serving

Calories 20

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 75mg 3%

Total Carbohydrate 4g 1%

Dietary Fiber 1g 4%

Total Sugars 2g

Includes 0g Added Sugars 0%

Protein 1g

Vitamin D 0mcg 0%

Calcium 10mg 0%

Iron 0mg 0%

Potassium 143mg 4%

*The % Daily Value 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.

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