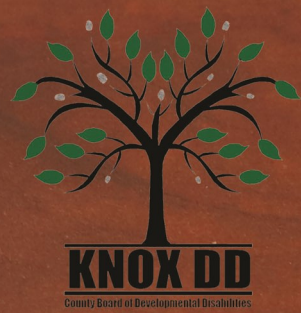




Easy Garden Salsa



Prep: 20 Min Total: 20 Min Calories: 10 per 2 TBS



coshdd.org

knoxdd.com

Ingredients

- 1 Medium Zucchini
- 1 Medium Onion
- 3/4 Cup Cilantro
- 3 Cloves Garlic
- 1 Jalapeno
- 5 Roma Tomatoes
- 1/4 Cup Lime Juice
- 1/2 tsp Salt (or to taste)

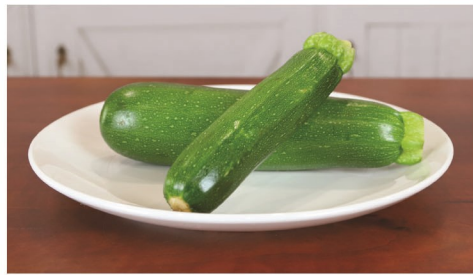
Watch Along

To watch how to make this yummy meal, check us out on YouTube!



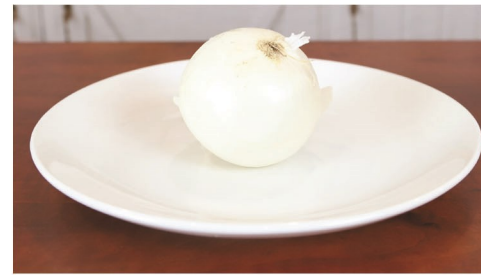
Share With Us

We'd love to see what you create! Share pictures of your creations!



1. Zucchini

Chop up at least one medium zucchini. Try to keep the chunks small so it's not too much in your mouth at one time!



2. Onion

Take the skin off your onion then chop the top off. Dice your onion into small bites.



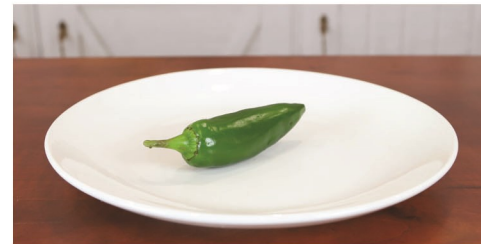
3. Cilantro

Remove your cilantro leaves from the stems. Chop the leaves and add them to your bowl.



4. Garlic

Remove three cloves (or as much as your heart tells you!), then finely dice them. Add to your mixture.



5. Jalapeno

Cut the top off your jalapeno, then cut it in half. If you don't like spice, remove the seeds and inner membrane. Finely chop and add.



6. Tomatoes

Cut the top off your tomatoes, cut them in half, then dice them into small bits. Add to the bowl.



7. Season with Lime & Salt

Season your mixture with 1/4 C. Lime Juice and 1/2 tsp. salt. Mix all ingredients together.



8. Chill & Enjoy!

Allow your mixture to chill in the refrigerator for at least 30 minutes. Then you can enjoy!



Switch it up!

Another yummy option is to use any other veggie that is fresh and in season! You can use tortilla chips, veggies, or serve it over your eggs for breakfast!