

## Very Veggie Salsa

(Makes twelve  $\frac{1}{4}$  cup servings)  
(V) – This recipe is a vegan option recipe!

### **Ingredients:**

- 1 cup diced zucchini
- 1 yellow squash, diced
- 1 jalapeno, seeded and minced
- 1 cup chopped red onion
- 2 red bell peppers, seeded and diced
- 2 green bell peppers, seeded and diced
- 4 tomatoes, diced
- 2 garlic cloves, minced
- $\frac{1}{2}$  cup chopped fresh cilantro
- 1 teaspoon ground black pepper
- 2 teaspoons sugar
- 1 teaspoon salt

### **Directions:**

- 1) In a large bowl, combine all ingredients.
- 2) Toss gently to mix.
- 3) Cover and refrigerate for at least 30 minutes to chill.
- 4) Serve.

### **Nutritional Analysis:** (per serving / $\frac{1}{4}$ cup)

- Calories: 40
- Fat: 0 g
- Saturated Fat: 0 g
- Sodium: 180 mg
- Protein: 1 g
- Carbohydrate: 9 g
- Sugars: 1 g
- Dietary Fiber: 2 g

### **Source:**

*GO! Foods for You Program*

