



A New Me: Healthy Balance Matters

Vegetable Salsa Serves 16

Ingredients:

- 1 cup diced zucchini
- 1 cup chopped red onion
- 2 red bell peppers, seeded and diced (about 2 cups)
- 2 green bell peppers, seeded and diced (about 2 cups)
- 4 tomatoes, diced (about 2 cups)
- 2 garlic cloves, minced
- 1/2 cup chopped fresh cilantro
- 1 teaspoon ground black pepper
- 2 teaspoons sugar
- 1/4 cup lime juice
- 1/2 teaspoon salt

Dietitian's tip: Store-bought salsa can have as much as 400 milligrams (mg) of sodium in 1/4 cup. This thick vegetable salsa has much less sodium—150 mg in 1/2 cup. If you prefer hotter salsa, add 1/2 to 1 tablespoon finely chopped jalapeno peppers.

Directions:

Wash vegetables and prepare as directed. In a large bowl, combine all the ingredients. Toss gently to mix. Cover and refrigerate for at least 30 minutes to allow the flavors to blend.

Nutrition Information (per serving):

Serving size: 1/2 cup	
Calories: 24	Sodium: 77 mg
Total fat: 0 g	Total carbohydrate: 5 g
Saturated fat: 0 g	Dietary fiber: 1 g
Monounsaturated fat: 0 g	Protein: 1 g
Cholesterol: 0 mg	

Mayo Clinic Healthy Weight Pyramid Portions: vegetables 1

Recipe source: <http://www.mayoclinic.org/healthy-lifestyle/recipes>