

Summer Squash Salsa



Makes:

3 cups; 6 servings

Utensil:

Saladmaster Food Processor
3.5 Qt. Double Walled Bowl
small mixing bowl

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Recipe:

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Recipe Description:

Zucchini squash, with its mild flavor, blends well with other salsa ingredients and seasonings. Zucchini is low in calories, a good source of vitamin A, vitamin C and calcium. Raw zucchini is also a good source of fiber and an easy way to add an extra serving of vegetables to your meal.

- 1 zucchini, julienned, use Cone #2 (approximately 2 cups/370 g)
- 1 cucumber, julienned, use Cone #2
- ¼ cup red onions, strung, use Cone #2
- (29 g)
- 1 medium tomato, small dice with juices
- ½ teaspoon ground cumin
- (1 g)
- ½ teaspoon chili powder
- (1 g)
- ½ teaspoon natural salt
- (3 g)
- ¼ cup fresh cilantro leaves, chopped
- (4 g)
- 2 tablespoons lime juice

(30
ml)
2 tablespoons
extra virgin olive oil
(30
ml)
1 jalapeño pepper, minced, or crushed red pepper (optional)

Directions:

1. Process zucchini, cucumber and red onion directly into a mixing bowl.
2. Add diced tomatoes, cumin, chili powder, salt and cilantro. Thoroughly mix to combine.
3. In a small bowl, combine lime juice and olive oil and pour over mixture.
4. Toss zucchini with dressing. Taste and add any extra seasonings as desired.

Tips:

- Serve zucchini salsa on top of fried chicken, steamed or pan seared fish, or your favorite vegetable or bean based burger.
- Use salsa as a dip for corn or other whole grain chips.

Nutritional Information per

▼ Serving

Calories: 57
Total Fat: 5g
Saturated Fat: 1g
Cholesterol: 0mg
Sodium: 200mg
Total 4g
Carbs:
Dietary Fiber: 1g
Sugar: 2g
Protein: 1g