

Squash Salsa

Rating: ★★★★★

Makes: 12 Servings

Ingredients

- 1 can black beans (rinsed)
- 6 tomatoes, seeded and diced (medium)
- 1/2 green pepper, seeded and diced
- 1 medium red onion (minced)
- 1 1/2 summer squash, medium (peeled, seeds removed, diced)
- 2 tablespoons red wine vinegar
- 1 teaspoon Adobo seasoning (combination of garlic, coriander, salt, and cumin)
- 2 tablespoons lemon or lime juice (optional)
- 4 tablespoons mozzarella cheese, part skim
fresh cilantro or dried parsley (optional)

Directions

1. Combine all ingredients except cheese. Let sit for 30 minutes.
2. Spoon over tortilla chips, cooked rice, or noodles.
3. Top with grated, part-skim mozzarella cheese. Serve hot or cold!

Notes

- Out of season idea - Use 1 can diced tomatoes in place of fresh tomatoes.
- Quick salsa - combine black beans, chopped summer squash, and a jar of your favorite salsa.
- Hot Salsa - Add chopped, fresh hot peppers or canned jalapeño peppers. Remember to wash your hands well after handling hot peppers.

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	69	
Total Fat	1 g	2%
Protein	4 g	
Carbohydrates	12 g	4%
Dietary Fiber	3 g	12%
Saturated Fat	0 g	0%
Sodium	212 mg	9%

MyPlate Food Groups

Vegetables	3/4 cup
------------	---------

- Note: Nutrient analysis and costing for recipe does not include cooked rice, tortilla chips, or noodles.

Connecticut Food Policy Council, Farm Fresh Summer Recipes