

Vegetable Medley with Salsa Dip

Makes: 4 servings

Ingredients

- 1 lime (juiced)
- 2 carrot (cut into 3-inch sticks)
- 2 celery stalk (cut into 3-inch sticks)
- 2 **1/2 cups** jicama (1/2 medium, peeled and cut into 3-inch sticks)
- 5 medium radishes (1 bunch trimmed)
- 6 green onion (trimmed)
- 1 **cup** sour cream, fat free
- 1 **cup** fresh salsa
- 2 tomatoes (chopped)
- 1/2 onion (chopped)
- 3 jalapeno chiles (finely chopped, seeded if desired)
- 1/4 **cup** cilantro (chopped fresh)
- 1/4 **teaspoon** salt

Directions

1. Arrange vegetables on a platter.
2. In a small bowl, mix sour cream and salsa. Serve.

Fresh Salsa Preparation:

1. In a medium bowl, mix tomatoes, onions, jalapeño chiles, cilantro, and salt.
2. Serve or store salsa in refrigerator for up to three days in a covered plastic or glass container.

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Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	NA	
Total Fat	NA	
Protein	4 g	
Carbohydrates	29 g	10%
Dietary Fiber	8 g	32%
Saturated Fat	NA	
Sodium	NA	