



Squash Salsa

SERVING: 1 CUP
YIELD: 6

PREP TIME: 15 MIN
TOTAL TIME: 30 MIN

Ingredients

- 1 can Black Beans, 15.25 oz, drained and rinsed
- 6 Tomatoes, medium, chopped
- 1 Green Bell Pepper, seeded and chopped
- 1/2 Red Onion, medium, chopped
- 1 Summer Squash, medium, chopped
- 1 tbsp Red Wine Vinegar
- 1 tsp Adobo Seasoning (or combination of 1/4 tsp each of garlic, coriander, seasoning salt (low sodium), and cumin)
- 2 tbsp lemon or lime juice
- 1/4 cup fresh cilantro

Optional: Top with mozzarella cheese

Directions

- 1.CHOP all ingredients as indicated above.
- 2.Combine all ingredients. CHILL for 30 minutes.
3. Enjoy! Spoon over tortilla chips, cooked rice, or noodles. Serve hot or cold!

Nutrition Facts	
6 servings per container	
Serving size	1 cup (0.0g)
Amount Per Serving	
Calories	100
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 19g	7%
Dietary Fiber 6g	21%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 60mg	4%
Iron 1.6mg	8%
Potassium 580mg	10%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

*Recipe adapted from myplate.gov

Notes

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

Cost Per Recipe	Cost Per Serving
\$9.07	\$1.51