



December 6- Vegetable Medley with Salsa Dip

Smart Snack

Link: <http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/vegetable-medley-salsa-dip>

Recipe

Ingredients:

- 1 lime (juiced)
- 2 carrot (cut into 3-inch sticks)
- 2 celery stalk (cut into 3-inch sticks)
- ½ jicama (peeled and cut into 3-inch sticks)
- 1 bunch radishes (trimmed)
- 6 green onion (trimmed)
- 1 cup sour cream, fat free
- 1 cup fresh salsa
- 2 tomatoes (chopped)
- ½ onion (chopped)
- 3 jalapeno chilies (finely chopped, seeded if desired)
- ¼ cup cilantro (chopped fresh)
- ¼ teaspoon salt

Directions:

1. Arrange vegetables on a platter.
2. In a small bowl, mix sour cream and salsa. Serve.
 1. In a medium bowl, mix tomatoes, onions, jalapeño chilies, cilantro, and salt.
 2. Serve or store salsa in refrigerator for up to three days in a covered plastic or glass container.

Yield 4 servings

Nutrition Facts	
Serving Size 1/2 cup salsa (442.5g)	
Servings Per Container 4	
Amount Per Serving	
Calories 160	Calories from Fat 0
% Daily Value*	
Total Fat 0g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 420mg	17%
Total Carbohydrate 34g	11%
Dietary Fiber 9g	36%
Sugars 10g	
Protein 5g	11%
Vitamin A 120%	Vitamin C 60%
Calcium 15%	Iron 6%
* Percent Daily Values are based on a 2,000 calorie diet.	