

Vegetable Medley with Salsa Dip

Makes 4 servings (1 cup vegetables and 1/2 cup salsa dip per serving)



Nutrition information
per serving:

Calories:	109
Carbohydrate:	22 g
Protein:	6 g
Total Fat:	0 g
Saturated Fat:	0 g
Cholesterol:	2 mg
Sodium:	247 mg
Dietary Fiber:	7 g

INGREDIENTS

- 2 carrots, cut into 3-inch sticks
- 2 celery stalks, cut into 3-inch sticks
- 1/2 jicama, peeled and cut into 3-inch sticks
- 1 bunch radishes, trimmed
- 6 green onions, trimmed
- 1 cup fat free sour cream
- 1 cup Fresh Salsa (to follow)

PREPARATION

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

FRESH SALSA INGREDIENTS

- 2 tomatoes, chopped
- 1/2 onion, chopped
- 3 jalapeño chiles, finely chopped, seeded if desired
- 1/4 cup chopped fresh cilantro
- 1/4 teaspoon salt
- Juice of 1 lime

FRESH SALSA PREPARATION

1. In a medium bowl, mix all ingredients.
2. Serve or store salsa in refrigerator for up to three days in a covered plastic or glass container.



It's So Easy.

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