

Squash Salsa

Yield 12 Servings

Ingredients

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

Instructions

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!

Cost

Per recipe: \$5.89

Per serving: \$0.49

Source

Connecticut Food Policy Council, [Farm Fresh Summer Recipes](#)

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.

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

Nutrition Facts	
Serving Size 1/2 cup, 1/12 of recipe (143g)	
Servings Per Container 12	
Amount Per Serving	
Calories 60	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	8%
Total Carbohydrate 10g	3%
Dietary Fiber 4g	16%
Sugars 3g	
Protein 4g	
Vitamin A 10%	• Vitamin C 30%
Calcium 4%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	