

NUTRITION NEWSLETTER

TODAY YOUR STUDENT MADE THEIR OWN SNACK! TRY THE RECIPE AT HOME!



****Garden Salsa****

****Ingredients:****

- 4 tomatoes
- 1 zucchini
- 1 lime
- 1/2 white onion
- Cilantro
- Salt and pepper
- Spice World Minced Garlic

****Materials:****

- Large bowl
- Knife
- Cutting board
- Spoon

****Instructions:****

1. Start by dicing the tomatoes, zucchini, onion, and cilantro into small bite-sized pieces.
2. Add the diced ingredients into a large bowl.
3. Stir in a spoonful of Spice World Minced Garlic.
4. Squeeze and pour the juice of the lime on top.
5. Season with salt and pepper to taste.
6. Mix everything together well using a spoon.

****Serving Suggestion:****

Serve with chips and enjoy!

GARDEN SALSA

