

Grow your own garden of health

When it comes to flavor, fruits and vegetables coming straight from the garden are the best.



Gardening provides the freshest produce you'll eat. Plus, you'll feel (and taste) a sense of accomplishment.

Planting a recipe-specific garden—like a salsa garden—is an easy and fun way to get started. Each ingredient can be grown in its own container on a windowsill, balcony or patio. They will also thrive planted together in a raised bed if you have the room.

Plant what you think will make your salsa taste best. Start with tomatoes, peppers, onions, garlic and cilantro. If you like it spicy, add a jalapeño, Anaheim or poblano chili pepper plant.

Consider the healthy benefits your salsa garden will bring:



Healthy heart

Cilantro is rich in natural antioxidants called flavonoids.¹ These are good for your heart.¹



Visual health

Red bell peppers contain anthocyanins that are important for maintaining good vision.² They also contain vitamin C and fiber.



Manage cholesterol

Raw tomatoes are rich in lycopene, which can help lower your risk for heart disease, high blood pressure and high cholesterol.³



Cancer protection

The flavonoids in onions and garlic can help lower your cancer risk and protect against diabetes and heart disease.¹

Enjoy your homegrown veggies with this delicious salsa.

Makes 16 servings | Prep: 30 min



Vegetable salsa

With **zero** fat and much lower sodium than commercially prepared salsa, this is a great way to get kids to eat their veggies.⁴ If you like it spicier, add more jalapeño to your taste.

Ingredients

- 1 cup diced zucchini
- 1 cup chopped red onion
- 2 red bell peppers, seeded and diced (about 2 cups)
- 2 green bell peppers, seeded and diced (about 2 cups)
- 4 tomatoes, diced (about 2 cups)
- 2 garlic cloves, minced
- ½ cup chopped fresh cilantro
- 1 tsp ground black pepper
- ¼ cup lime juice
- ½ tsp salt
- 1 Tbsp finely chopped jalapeño (optional)

Preparation

Wash vegetables and prepare as directed. In a large bowl, combine all the ingredients. Toss gently to mix. Cover and refrigerate for at least 30 minutes prior to serving to allow the flavors to blend.

Nutrition information | Serving size: ½ cup



Calories: 16 | Total fat: 0 g | Saturated fat: 0 g | Sodium: 19 mg | Cholesterol: 0 mg
Total carbs: 4 g | Fiber: 1 g | Sugars: 2 g | Protein: 1 g | Potassium: 108 mg

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¹<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8747064/>

²<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5613902/>

³<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8626194/>

⁴<https://www.mayoclinic.org/healthy-lifestyle/recipes/vegetable-salsa/rcp-20049846>

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