

# Vegetable Medley with Salsa Dip

**Makes:** 4 servings

## Ingredients

- 1 lime (juiced)
- 2 carrot (cut into 3-inch sticks)
- 2 celery stalk (cut into 3-inch sticks)
- 2 **1/2 cups** jicama (1/2 medium, peeled and cut into 3-inch sticks)
- 5 medium radishes (1 bunch trimmed)
- 6 green onion (trimmed)
- 1 **cup** sour cream, fat free
- 1 **cup** fresh salsa
- 2 tomatoes (chopped)
- 1/2 onion (chopped)
- 3 jalapeno chiles (finely chopped, seeded if desired)
- 1/4 **cup** cilantro (chopped fresh)
- 1/4 **teaspoon** salt

## Directions

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

### Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>N/A</b>
<b>Total Fat</b>	<b>N/A</b>
Saturated Fat	N/A
Cholesterol	10 mg
<b>Sodium</b>	<b>N/A</b>
<b>Total Carbohydrate</b>	<b>29 g</b>
Dietary Fiber	8 g
Total Sugars	8 g
Added Sugars included	N/A
<b>Protein</b>	<b>4 g</b>
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A
N/A - data is not available	

**Fresh Salsa Preparation:**

1. In a medium bowl, mix tomatoes, onions, jalapeño chiles, cilantro, and salt.
2. Serve or store salsa in refrigerator for up to three days in a covered plastic or glass container.

**Source:** California 5 A Day, It's So Easy Contra Costa Health Services