

Market Sprouts Rainbow Salsa



Six vegetables, one bowl, zero cooking. This rainbow salsa is proof that eating the rainbow doesn't have to be complicated.

Makes: 4 Servings
Prep Time: 15 minutes

Ingredients

- 1 cup cherry tomatoes, halved or quartered (about 12–15 tomatoes)
- 1 medium cucumber, diced
- 1 bell pepper, diced
- ½ cup fresh or thawed frozen corn
- 2 radishes, finely diced
- 2 green onions, thinly sliced
- 2 tablespoons chopped fresh cilantro
- Juice of 1 lime
- ¼ teaspoon salt (optional)
- Pinch of black pepper (optional)

Directions

1. Wash all produce thoroughly.
2. Halve or quarter the cherry tomatoes, depending on their size.
3. Dice the cucumber, bell pepper, and radishes into small pieces.
4. Slice the green onions and chop the cilantro.
5. Combine all ingredients in a bowl.
6. Add the lime juice (and salt and pepper, if using) and stir gently.
7. Let sit for 10–15 minutes before serving to allow the flavors to blend.



Small Changes,
BIG Difference!



Nutrition Information

Serving Size: 1/4 of recipe

Nutrients	Amount
Calories:	50
Total Fat:	0.5 g
Saturated Fat:	0g
Cholesterol:	0mg
Sodium:	45mg
Total Carbohydrates:	11g
Dietary Fiber:	2g
Total Sugars:	4g
Added Sugars:	0g
Protein	2g

Utensils Needed

- Sharp knife
- Cutting board
- Large bowl
- Mixing spoon
- Measuring spoons
- Measuring cups
- Small bowl

SHOPPING LIST

Average total cost without oil and seasonings: \$13.08

Average cost/serving: \$3.27

Makes: 4 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart
Cherry Tomatoes



Add 1 to Cart
Cucumber



Add 1 to Cart
Red Bell Pepper



Add 1 to Cart
Radish



Add 1 to Cart
Lime



Add 1 to Cart
Corn



Add 1 to Cart
Green Onions



Add 1 to Cart
Cilantro

SAVE TIME, SAVE MONEY

My Cooking Notes

Chef's Notes

- If the radishes are particularly spicy, start with 1 radish instead of 2. You can always add the second after tasting, which keeps the salsa kid-friendly while still representing the root plant part.
- Great over grilled chicken or fish, scooped with tortilla chips, or piled onto tacos.

Similar Recipes

- Tomato Bruschetta
- Rainbow Wrap



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