



Zucchini Salsa



It's the perfect salsa for your pantry with a bit of sweetness paired with heat

Author Bethany Hayes

Ingredients

- 12 Cups Grated Zucchini
- 2 Cups Diced Onion
- 1 Green Pepper Chopped
- 1 Red Pepper Chopped
- 3-4 Jalapeno Peppers Diced
- 12 Cups Fresh Tomatoes Chopped
- 3 1/2 TBSP Canning Salt
- 1 TSP Turmeric
- 1 TSP Cumin
- 1 TSP Garlic Powder
- 1 TSP Black Pepper
- 1 1/2 - 2 1/2 TBSP Red Chili Peppers
- 1 TBSP Mustard Seeds
- 1 1/2 Cups Brown Sugar light
- 2 Cups White Vinegar

Instructions

1. The first step is the longest. Grate the zucchini. You can cover the zucchini with pickling salt and let sit in the refrigerator overnight or several hours to dry out moisture. You can skip this step; I often do, and simply let the mixture to boil longer to remove more of the liquid.
2. The next day or a few hours later, drain and rinse the zucchini well.
3. Dice up the onions, tomatoes, and peppers. Remember you can adjust the heat of this recipe by adding or reducing peppers.
4. Put the grated zucchini, tomatoes, onions, and peppers into a large stock pot. Turn it in on medium-high heat.
5. Add the turmeric, garlic powder, cumin, black pepper, red chili peppers, mustard seeds, brown sugar, and vinegar. Bring up to a boil.
6. Once boiling, bring down the heat to medium and let the mixture cook for 45 minutes to an hour, depending on how much liquid is in the tomatoes. You might have to cook for longer if the tomatoes are watery.
7. Ladle the hot salsa into hot jars, leaving 1/2 inch headspace. Don't forget to wipe down the rims before adding the lids and rings.
8. Process in a water bath canner for 15 minutes (pints) or 20 minutes (quarts).

Send Jennifer Brochure
10 participants

Join OSU Extension and Fayette County YMCA for our fall series of cooking classes. Classes are **FREE** and **OPEN TO THE PUBLIC**

DATES:

SEPTEMBER 13TH

SEPTEMBER 27TH

OCTOBER 11TH

OCTOBER 25TH

NOVEMBER 8TH

ALL CLASS TIMES 11:30AM-12:30PM

TOPICS WILL CENTER AROUND HEALTHY HOLIDAYS AND INCLUDE:

HEALTHIER DESSERTS

STUFFING FROM SCRATCH

PUMPKIN EVERYTHING

MAKING YOUR OWN STOCK

BREAKING DOWN A WHOLE CHICKEN/TURKEY



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES





SERVINGS: 6 TO 10 SERVINGS

Corn Salsa Recipe

★★★★★ 5 from 6 votes

Fresh, vibrant easy corn salsa is the perfect condiment for just about anything from grilled chicken or fish to tacos and burritos! You can also use it as a side dish for summer bbqs or picnics!

PREP TIME:

10 mins

TOTAL TIME:

10 mins

Ingredients

- 2 15-oz cans whole corn kernels, drained*
- 3/4 cup red onion finely chopped
- 1 large jalapeno seeded and chopped**
- 1 red bell pepper chopped
- 4 Tbsp fresh lime juice
- 2 cloves garlic minced
- 1/2 cup fresh cilantro chopped, optional
- 1/2 tsp sea salt to taste

Instructions

- 1 Taste the corn salsa for flavor and add more sea salt, lime juice, cilantro or red onion to taste.

Watermelon Salsa recipe

Julie Wunder

This **Watermelon Salsa recipe** is refreshing, delicious, and only 5 Ingredients! My addictive twist on easy Fruit Salsa is perfect on chips, on tacos, or with fish.



PREP TIME

10 mins



COURSE
Appetizer

CUISINE
Mexican

TOTAL TIME

10 mins



SERVINGS
8

CALORIES
34 kcal

INGREDIENTS

- 4 cups seedless watermelon, diced
- 1 cup [red onion](#), diced (about ½ onion)
- 1 teaspoon [jalapeno](#), diced (about 1 small jalapeno)
- 1 cup [fresh cilantro](#), chopped
- 1 [lime](#), juiced
- [salt to taste](#)

INSTRUCTIONS

1. Carefully fold all ingredients together in a bowl.
2. Serve as a topping or with fish!

NOTES

Serve with chips or as a topping for fish.

NUTRITION

Calories: 34kcal

Saturated Fat: 1g

Sugar: 6g

Carbohydrates: 9g

Sodium: 3mg

Vitamin A: 574IU

Protein: 1g

Potassium: 133mg

Vitamin C: 11mg

Fat: 1g

Fiber: 1g

Calcium: 14mg

Apple Salsa with Cilantro

A fresh and flavorful salsa to serve with pork, chips, or crackers.

Prep Time
20 mins

Total Time
20 mins



Course: Salsa Cuisine: American Keyword: apples Yield: 8 servings
Calories: 31kcal Author: [Sweet Ordeal](#)

★★★★★
5 from 3 votes

Materials

- 1/2 cup red bell pepper, [or other color(s)], seeded and diced
- 1/4 cup cilantro, chopped
- 1/3 cup red onion, diced
- 1/2 jalapeno, seeded and diced
- 2 large apples, cored and diced
- 2 limes, juiced
- 1 tsp. honey
- salt and pepper to taste

Instructions

1. Mix together bell pepper, cilantro, onion, jalapeno, saving the apples for last so they don't brown. Squeeze limes over mixture and add honey, salt, and pepper. Store in the refrigerator.

Nutrition

Calories: 31kcal

FRESH SALSA RECIPE (5 MINUTES)

Learn how to make salsa with fresh tomatoes in 5 minutes! This easy fresh salsa recipe is loaded with zesty flavor, using just 6 ingredients.



Find the full recipe, including tips, step-by-step photos, and storage instructions, and save it in your account at: <https://www.wholesomeyum.com/homemade-salsa-with-fresh-tomatoes-and-cilantro/>



🕒 **Prep** 5 minutes 🕒 **Total** 5 minutes

👤 **Author** Maya Krampf from WholesomeYum.com

Servings: (adjust to scale recipe)

INGREDIENTS

- 4 medium Tomatoes (halved)
- 1 small Onion (cut into large chunks)
- 1 cup Fresh cilantro
- 1 medium Jalapeno (seeds removed and coarsely chopped)
- 3 cloves Garlic (coarsely chopped)
- 1 tbsp Lime juice
- 1/4 tsp Sea salt

INSTRUCTIONS

- ① Combine all the ingredients in a food processor.
- ② Pulse until the salsa reaches your desired consistency. (Check for salt a few pulses before your desired consistency, so that the homemade salsa doesn't get too mushy if you need to adjust salt and pulse again.)

Serving size: 1/4 cup

- Check the post above for instructions on storing, canning, or freezing homemade salsa.
- The entire fresh salsa recipe makes about 4 cups. Exact volume and number of servings will vary depending on the size of your tomatoes.

Nutrition Facts

Amount per serving. Serving size in recipe notes above.

Calories	9	Total Carbs	2g
Fat	0.1g	Net Carbs	1.5g