

Antipasto Salsa

- 1 cup diced tomato
- 1 cup diced zucchini
- 1/2 cup chopped drained canned artichoke hearts
- 1/2 cup chopped fresh basil
- 1/3 cup diced bottled roasted red bell peppers
- 1/4 cup minced onion
- 2 tablespoons chopped pitted kalamata olives
- 1 tablespoon balsamic vinegar
- 2 teaspoons olive oil

Combine all ingredients in a medium bowl; cover and chill.

Yield:

3 cups (serving size: 1/2 cup)

Nutrition per serving:

CALORIES 39(46% from fat); FAT 2g (sat 0.3g,mono 1.4g,poly 0.3g); PROTEIN 1.3g;
CHOLESTEROL 0.0mg; CALCIUM 22mg; SODIUM 80mg; FIBER 0.8g; IRON 0.6mg; CARBOHYDRATE
5.2g

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