

Cucumber Salsa



**GREATER
CHICAGO**
- **FOOD** -
DEPOSITORY.

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Serves: 4
Prep: 15 minutes

INGREDIENTS

- 2 cucumbers, seeded and diced
- 2 tomatoes, diced
- 1/2 cup green bell pepper, diced
- 1 jalapeno pepper, seeded and diced
- 1 small onion, diced
- 1 clove garlic, minced*
- 2 tablespoons lime juice
- 2 teaspoons cilantro, minced*
- 1/2 teaspoon salt



DIRECTIONS

1. In a medium bowl, stir together the cucumbers, tomatoes, green pepper, jalapeno pepper, onion, garlic, lime juice, cilantro and salt.
2. Cover and refrigerate for 1 hour.
3. Serve with extra cilantro, tortilla chips or your favorite Mexican dishes if desired.

*Substitutions

1 garlic clove, minced	—>	1/8 teaspoon garlic powder
2 teaspoons cilantro	—>	1/2 teaspoon dried dill

Nutrition Information	
Serving size: 1/4 of recipe	
Calories	54
Total fat	0 g
Saturated fat	0 g
Cholesterol	0 mg
Sodium	292 mg
Carbohydrates	9 g
Fiber	3 g
Sugars	4 g
Protein	2 g

Notes:

- Caution: Hot chili peppers can irritate skin and eyes. Wash hands well after preparing hot peppers.

Recipe source: Simply Recipes