Cucumber Salsa

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.

*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

Recipe source: Simply Recipes

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

*Substitutions
- 1 garlic clove, minced → 1/8 teaspoon garlic powder
- 2 teaspoons cilantro → 1/2 teaspoon dried dill

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