

Melon Salsa



**GREATER
CHICAGO**
- FOOD -
DEPOSITORY.

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Serves: 12

Prep: 15 minutes

INGREDIENTS

- 2 cups fresh cantaloupe, watermelon or honeydew melon, diced
- 1 cup cucumber, diced
- 1/4 cup red onion, diced
- 1 jalapeño, seeded and diced*
- 1/4 cup lime or lemon juice
- 2 tablespoons fresh cilantro or mint, minced (optional)
- 1 tablespoon sugar, agave or honey (optional)

DIRECTIONS

1. In a medium size bowl, stir together lime or lemon juice and sugar, agave, or honey (optional).
2. Add melon, cucumber, onion, jalapeño, and cilantro or mint (optional).
3. Mix well to combine, Cover and chill for at least 30 minutes.

*Substitutions

1 jalapeño → Hot sauce, to taste

Notes:

- Caution: Hot peppers can irritate hands and eyes. Wear kitchen gloves or wash hands thoroughly after cutting.



Nutrition Information

Serving Size: 1/4 cup with cilantro and sugar

Calories	19
Total fat	0 g
Saturated Fat	0 g
Cholesterol	0 g
Sodium	6 mg
Carbohydrates	5 g
Fiber	0 g
Sugars	4 g
Protein	0 g

Recipe source: MSU Extension