

Melon Salsa

Yield 12 servings

Ingredients

2 cups	melon, honeydew, cantaloupe or watermelon (seeded and chopped fresh, use one kind or a combination)
1 cup	cucumber (peeled, seeded and chopped)
1/4 cup	onion, red or white (chopped)
2 tablespoons	cilantro or mint (optional) (fresh, chopped)
1	jalapeño (seeded and finely chopped, or hot sauce to taste)
1/4 cup	lime juice or lemon juice
1 tablespoon	sugar, white or brown

Instructions

1. In a medium size bowl, stir together all ingredients.
2. Taste and season with more lemon or lime juice, sugar if needed.
3. Cover and chill for at least 30 minutes. Serve with grilled or broiled fish or chicken.

Cost

Per recipe: \$1.66

Per serving: \$0.14

Source

Montana State University Extension Service, [Montana Extension Nutrition Education Program Website Recipes](#)

Notes

Caution: When handling hot peppers, the oils can cause burning and skin irritation. You can wear clean kitchen gloves or wash hands thoroughly after preparing. KEEP HANDS AWAY FROM EYES.

Nutrition Facts	
Serving Size 1/4 cup (48g)	
Servings Per Container 12	
Amount Per Serving	
Calories 15	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Sugars 3g	
Protein 0g	
Vitamin A 20%	Vitamin C 20%
Calcium 0%	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	