



Melon Salsa

Ingredients:

- 2 cups melon, honeydew, cantaloupe or watermelon (seeded and chopped fresh, use one kind of melon or a combination)
- 1 cup cucumber (peeled, seeded and chopped)
- ¼ cup onion, red or white (chopped)
- 2 tablespoons fresh cilantro or mint chopped (optional)
- 1 jalapeno (seeded and finely chopped, or hot sauce to taste)
- ¼ cup lime juice or lemon juice

12 servings



**Seasonal
and Simple**

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See instructions on reverse.

Source: seasonalandsimple.info

Melon Salsa continued

Instructions:

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

Enjoy making this healthy and delicious recipe!

Visit marc.org/kcfresh for more information and recipes.

