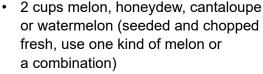


## **Melon Salsa**

## Ingredients:





A program of University of Missouri Extension

- 1 cup cucumber (peeled, seeded and chopped)
- ½ 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

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.

