

Ingredients:

- 1/2 large ripe cantaloupe
- 3/4 cup finely diced red bell pepper
- 1/4 cup finely chopped cilantro
- 3 tablespoons finely chopped green onions
- 2 tablespoons lime juice
- teaspoon salt
- teaspoon hot pepper flakes

Cantaloupe Salsa
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Directions:

1. Wash hands with soap and warm water. Wash fresh fruits and vegetables before preparing.
2. Remove seeds and rind from cantaloupe (you should have approximately ½ pound cantaloupe flesh.)
3. Chop cantaloupe into very small pieces.
4. Put cantaloupe pieces into a bowl.
5. Add chopped red pepper, cilantro, green onions and lime juice. Stir.
6. Add salt and pepper flakes to mixture.
7. Chill.
8. Serve with grilled chicken, fish or steaks.

Nutrition Facts (Per Serving)

calories, 52; Carbohydrate, 12 g; Protein, 1 g; Total Fat, 0 g; Saturated Fat, 0 gm; Trans Fat, 0 g; Cholesterol, 0 mg; Fiber, 2 g; Total Sugars, 10 g; Sodium, 89 mg; Calcium, 16 mg; Folate, 42 mcg; Iron, 1 mg; Percent of Calories from Fat, 0%.

Makes 4 servings.



Cantaloupe Salsa

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

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