

# CUCUMBER MELON SALSA

## Ingredients

- 12 large English (hothouse style) cucumbers, finely diced
- 3 cups finely diced fresh cantaloupe
- 1 tablespoon extra-virgin olive oil
- ½ jalapeno pepper, seeded and minced
- 1 lime, juiced and zested
- 1 small red onion, chopped
- 1 roma (plum) tomato, chopped
- 1 bunch cilantro, coarsely chopped
- 1 pinch salt
- 1 pinch ground black pepper

Prep: 30 min

Ready in 2 Hrs 30 min



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## Directions:

In a large serving bowl, lightly mix together the cucumbers, cantaloupe, olive oil, jalapeno pepper, lime juice, lime zest, red onion, tomato, cilantro, salt, and pepper.

Cover the bowl with plastic wrap, and chill in the refrigerator for at least 2 hours to let the flavors blend.

## Nutrition Facts:

### Per Serving:

32 calories

1.1g fat

5.6g carbohydrates

0.8g protein

0mg cholesterol

9mg sodium

