

Melon Salsa



Ingredients:

- 2 cups melon, your favorites
- 1 cup cucumber, chopped
- 1/4 cup red onion, chopped
- 2 tablespoons fresh cilantro or mint, chopped
- 1 jalapeño, finely chopped
- 1/4 cup lime or lemon juice
- 1 tablespoon sugar

Directions:

1. In a medium size bowl, stir together all ingredients.
2. Taste and adjust lemon/lime juice and sugar as needed.
3. Cover and chill for at least 30 minutes.
4. Tastes great with fish or chicken.

Makes 4 servings.



Tarrant County Public Health
<http://health.tarrantcounty.com>