

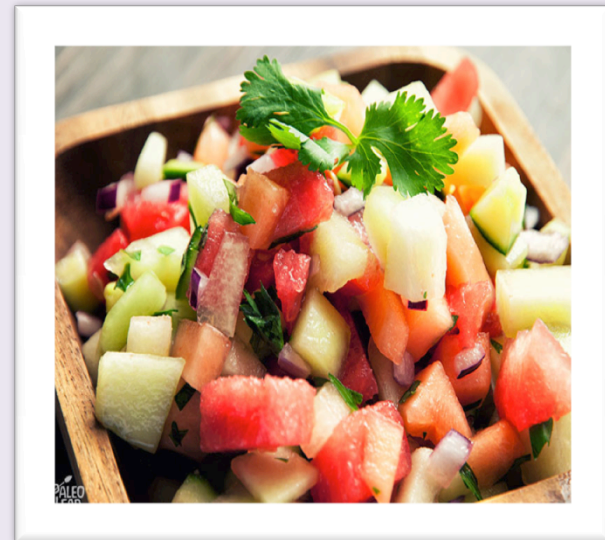


Fresh Melon Salsa

Serves: 12 (1/2 cup portions)

Ingredients

- 3 cups diced melon such as cantaloupe, honeydew, and/or watermelon, seeds removed
- 1/4 cup minced red onion
- 2 tablespoons lime juice
- 2 tablespoons minced fresh cilantro
- 2 tablespoons minces jalapeño pepper



Instructions

1. Combine melon, onion, lime juice, cilantro, and jalapeño in a medium bowl. Serve immediately.
2. **Enjoy!**

Flip over for Nutrition Information!

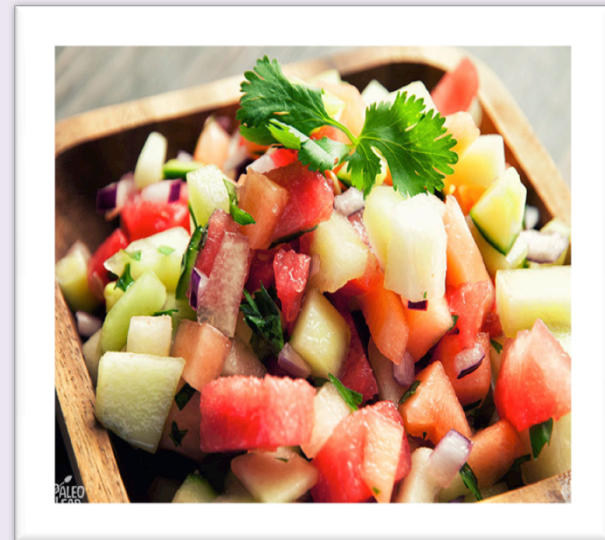


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Nutritional Information

Calories per Serving: 15 calories

Fat: 0 g

Protein: 0 g

Carbohydrates: 4 g

Sodium: 5 mg



Did you know?

All melons have a high water content of over 90%! They are also packed with vitamin A and vitamin C, which makes them the perfect summertime snack!



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