

Melon, Lime and Mint Salsa

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| 1 cup tomato ,
chopped | 2 tbsp each
fresh mint
and cilantro
leaves ,
chopped |
| 1 cup each
watermelon
and
honeydew ,
chopped | Juice from
1 lime |
| ½ English
cucumber ,
chopped | Pinch each
salt and
cayenne
pepper |
| 2 tbsp red
onion ,
chopped | |
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In medium bowl, stir together tomato, watermelon, honeydew, cucumber, onion, mint and cilantro. Add lime juice, salt and cayenne and stir well. Enjoy with whole-wheat tortillas or on tacos.



Makes 4 servings. Each:
48 calories ♦ 1g protein ♦ 0g total fat
♦ 0mg chol ♦ 11g carb ♦ 6g sugar ♦
2g fiber ♦ 52mg sodium