

## Ingredients:

Cantaloupe Salsa  
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- 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

## 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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