

Melon Salsa

Ingredients:

- 1/2 cantaloupe
- 1/4 watermelon
- 1 cucumber
- 1/2 small onion
- 2 tablespoons cilantro
- 1/2 teaspoon chili powder, if desired
- 1/4 cup lime juice
- 1 tablespoon sugar

Equipment:

- Cutting Board
- Knife
- Bowl
- Spatula
- Measuring spoons

Number of Servings: 12
 Preparation Time: 20 minutes
 Total time: 20 minutes

Directions

1. Cut cantaloupe in half, and save half for other uses. Cut into 1 inch wedges, and run knife along rind to separate meat from skin. Chop into small pieces. Add to medium size bowl.
2. Cut a slice of watermelon and run knife along rind to separate meat from skin. Chop into small pieces and remove seeds. Add to bowl.
3. Wash cucumber and cut off ends. Cut cucumber into slices, stack and cut slices into fourths. Add to bowl.
4. Cut the ends off of the onion, and peel off the brown layers. Run under water to remove any dirt. Cut the onion in half lengthwise, and place the flat side on the cutting board. Save half for other uses. Slice across the onion, from one side to the other, then lay the slices on their side, and slice from the widest side to the smallest, across the onion. Chop up any large pieces. Add to bowl.
5. Remove cilantro stems and chop leaves into small pieces. Add to bowl.
6. Add chili powder and lime juice to bowl. Mix well.
7. Taste and season with more lemon juice, lime juice, or sugar if needed.

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Nutrition Facts	
Serving Size: 1/2 cup	
Servings: 6	
Amount Per Serving	
Calories 100	9
%Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Potassium 489mg	14%
Sodium 13mg	1%
Total Carbohydrate 23g	8%
Dietary Fiber 2g	8%
Protein 2g	4%
Vitamin A 49%	Vitamin C 79%
Iron 5%	Calcium 4%

*Percent Daily Values are based on a 2,000 calorie diet.

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