

# Melon Salsa

Exploding with delicious summer flavors, this salsa recipe is amazing with whatever melon you have available.

**Makes:** 8 servings

## Ingredients

- 2 cups fresh melon, seeded and chopped?(use one kind or a combination of honeydew, cantaloupe, or watermelon)
- 1 cup cucumber, seeded and chopped
- ¼ cup red onion, chopped
- ½ jalapeño, seeded and finely chopped
- ¼ cup lime or lemon juice
- 1 tablespoon sugar
- 2 tablespoons fresh cilantro or mint, chopped (optional)



## Directions

1. In a medium size bowl, stir together all ingredients.
2. Taste and season with more juice or sugar if needed.
3. Cover and chill for at least 30 minutes. Serve with grilled or broiled fish or chicken.

**Recipe from:** Montana State University Extension Service Nutrition Education Program, adapted by the USDA Food and Nutrition Administration.

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