

Melon Salsa

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2 cups canteloupe , cubed into 1/3-inch pieces
1 cup honeydew melon, cubed into 1/3-inch pieces
1/4 cup packed fresh cilantro leaves, finely chopped
2 tablespoons fresh mint leaves, finely chopped
1 jalapeno chile pepper, stemmed, seeded and finely chopped
2 tablespoons fresh lime juice
1/4 teaspoon salt

In a medium bowl, combine the canteloupe, honeydew, cilantro, mint, jalapeno, lime juice and salt. Stir until well mixed.

Per Serving (excluding unknown items): 77 Calories; trace Fat (2.8% calories from fat); 1g Protein; 20g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 554mg Sodium. Exchanges: 1/2 Vegetable; 1 Fruit; 0 Fat.