

Strawberry Cucumber Salsa

serves 18, 2 Tbsp per serving

Salsa recipes are a great way to add more fruits and veggies to your daily meals.



Ingredients

1 cup fresh strawberries, diced
1 cup fresh cucumber, diced
1/2 cup red onion, finely diced
1/2 jalapeño pepper, finely chopped (remove ribs and seeds for less heat)
1/4 cup fresh mint, rinsed and chopped
1 Tbsp lime juice
1/4 tsp salt
1/8 tsp ground black pepper

Directions

1. Wash hands with soap and water.
2. Gently rub produce under cool running water before cutting.
3. Combine strawberries, cucumber, onion, pepper, and mint in a bowl. Toss with lime juice.
4. Add salt and pepper and stir. Serve with baked whole-grain chips or crackers.
5. Cover and refrigerate leftover salsa. Eat leftovers within 3-4 days.

Tips: Cut ingredients into large pieces for a chunkier salsa, or cut ingredients smaller for a smoother salsa.

Nutrition Facts per serving: 5 calories, 0g fat, 35mg sodium, 1g carbohydrate, 0g fiber, 0g protein

Recipe by Eat.Move.Save. Illinois Nutrition Education Programs. University of Illinois Extension