

# Cool Cucumber Tomato Salsa



1 small cucumber, peeled, seeded,  
and chopped  
1/4 cup red onion, chopped  
2 Roma tomatoes, chopped  
1 jalapeno pepper, diced

1/4 cup red wine vinegar  
1 Tablespoon fresh mint, chopped  
Juice of 1/2 a lime  
1/8 teaspoon salt

**Instructions:** Combine all ingredients in a medium bowl. Cover and refrigerate for at least one hour. Serve with tortilla chips or on top of chicken or fish.

*Yield: 2 cups, 1/2 cup each*

**Nutrition Facts** (per serving): 20 calories, 0 grams fat, 160 milligrams sodium, 4 grams carbohydrate, 1 gram fiber, 1 gram protein