



Dash  
of  
Wellness

# Cucumber Strawberry Salsa

**I**  
**ILLINOIS**  
Extension  
COLLEGE OF AGRICULTURAL, CONSUMER  
& ENVIRONMENTAL SCIENCES

1 cup strawberries, washed  
and diced

1 cup cucumbers, washed  
and diced

½ cup red onions, washed,  
finely diced

¼ cup fresh mint, rinsed,  
and chopped

1 Tbsp. lime juice

## Directions

1. Wash hands with soap and water. In a bowl, combine strawberries, cucumber, onion, and mint.
2. Toss with lime juice.
3. Season with salt and pepper to taste.
4. Serve with baked whole-grain chips or crackers. **Yield:**  
*18-2 Tbsp. Servings*

**Nutrition Facts** (per serving): *5 calories, 0 grams fat, 0 milligrams sodium, 1 gram carbohydrate, 0 grams fiber 0 grams protein*