



July 26- Summer Cucumber Salsa

Smart Snack

Link: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=299416>

Recipe

Ingredients:

- 3 medium cucumbers
- 2 medium tomatoes
- 1 green bell pepper
- ½ cup red onion
- 2 Jalapeno peppers
- 2 Tablespoons minced cilantro
- 2 Tablespoons minced fresh dill
- 3 squeezes of lime juice

Directions:

1. Chop cucumber, red bell pepper, jalapenos, onion and tomatoes into small pieces and combine in a large bowl.
2. Add cilantro and dill and mix together well.
3. Add a few squeezes of lime juice and mix well.
4. Serve with tortilla chips or by self!

Yield 6 servings

Nutrition Facts

Serving Size 1/6 recipe (229.48g)
Servings Per Container 6

Amount Per Serving

Calories 50	Calories from Fat 0
% Daily Value*	
Total Fat 0g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 10g	3%
Dietary Fiber 2g	8%
Sugars 5g	
Protein 2g	4%

Vitamin A 15% • Vitamin C 60%
Calcium 6% • Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet.