



Summer Fruit Salsa



Ingredients:

- 1 Medium honeydew melon, diced
- 1 Large cantaloupe, diced
- 3 Large navel oranges, sectioned, seeded and diced
- 1 Cup blueberries, whole
- 1/2 Medium red onion, finely diced
- 2 Green onions, finely diced
- 1 Bunch cilantro, leaves only, chopped
- 1 Jalapeno pepper, seeded and finely diced (optional)
- Juice of 3 limes

Preparation:

Prepare fruit and vegetables as directed.
Combine with lime juice.
Toss lightly.
Serve with bake tortilla chips.
Makes 8 cups

Nutritional information per 1/2cup serving:

Calories 90, Fat 0gm, Saturated Fat 0 mg, Cholesterol 0 mg, Fiber 3 gm.

Ask the Dietitian County of Los Angeles
www.lapublichealth.org/nutrition

Rev. 1/2010



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