



5-Color Melon Salsa



- Ingredients:** Makes 8 cups
- 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 Jalapeño 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.

Nutritional information per 1/2 cup serving:
Calories 90, Fat 0gm,
Saturated Fat 0mg,
Cholesterol 0 mg,
Fiber 3gm.

Ask the Dietitian County of Los Angeles
www.lapublichealth.org/nutrition
Rev. 01/2010



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