

## **Cucumber Salsa**

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**3 tomatoes, chopped**  
**1 jalapeno, seeded and diced**  
**1 red onion, diced**  
**1 cup cucumber, seeded and diced**  
**2 tablespoons cilantro, chopped**  
**1/4 teaspoon ground cumin**  
**juice of one lime**  
**2 tablespoons chopped mint**  
**salt (to taste)**

In a small bowl, combine the tomatoes, jalapeno, onion, cucumber, cilantro, cumin, lime juice, mint and salt. Mix well.

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Per Serving (excluding unknown items): 168 Calories; 2g Fat (9.1% calories from fat); 7g Protein; 37g Carbohydrate; 9g Dietary Fiber; 0mg Cholesterol; 49mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 6 1/2 Vegetable; 0 Fat.