

Salsa

Cucumber-Orange Mint Salsa

Stephanie Witt Sedgwick - Special to The Washington Post

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Alternative cucumbers can be 1/2 of a large English cucumber or 3 to 4 small cucumbers (about 1/2 cup diced).

8 ounces seedless, unwaxed cucumber, cut into 1/4-inch dice

2 large oranges, peeled and sectioned, cut into a rough 1/4-inch dice

3 tablespoons sweet onion or scallion, finely chopped

20 large (2 tablespoons) mint leaves, finely chopped

1 tablespoon olive oil

1/4 teaspoon sugar

salt

freshly ground black pepper

In a medium bowl, mix together the cucumber, oranges, onion or scallion, mint oil, sugar and salt.

Serve immediately, or refrigerate until ready to serve.

Per Serving (excluding unknown items): 255 Calories; 14g Fat (46.0% calories from fat); 3g Protein; 33g Carbohydrate; 7g Dietary Fiber; 0mg Cholesterol; 6mg Sodium. Exchanges: 0 Vegetable; 2 Fruit; 2 1/2 Fat; 0 Other Carbohydrates.