

Melon-Mango Salsa

Sylvia Fincham

Taste of Home Simple & Delicious - August 2011

Start to Finish Time: 20 minutes

1 cup cantaloupe, finely chopped
1 cup honeydew melon, finely chopped
1 cup mango, peeled and finely chopped
1/2 cup cucumber, chopped
1/2 cup sweet red pepper, finely chopped
1 green onion, thinly sliced
3 tablespoons lemon juice
1/4 teaspoon ground cinnamon
1/4 teaspoon cayenne, pepper
cinnamon sugar baked pita chips

In a large bowl, combine the cantaloupe, honeydew, mango, cucumber, pepper and green onion.

In a separate bowl, combine the lemon juice, cinnamon and cayenne.

Pour over the fruit mixture. Toss to coat.

Chill until serving.

Serve with pita chips.

Yield: 4 cups

Per Serving (excluding unknown items): 268 Calories; 1g Fat (4.0% calories from fat); 5g Protein; 69g Carbohydrate; 9g Dietary Fiber; 0mg Cholesterol; 40mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Vegetable; 4 Fruit; 0 Fat.