



A Cucumber Salsa is a fresh, flavorful and nutritious combination that can be enjoyed on its own, or enjoyed as a healthy addition to compliment any appetizer or meal.

It can be served with some tortilla chips to make a colorful, and crispy appetizer!

A Cucumber Salsa can also be served as part of any meal!

It can be added to tacos or served with your preferred protein, such as with chicken or fish.

NUTRITION FACTS

Per serving (~ 4 oz.)

23	Calories
5 g	Carbohydrates
1 g	Protein
0.2 g	Total Fat
240 mg	Sodium (if 1 tsp. salt)

A good source of -

1 g	Dietary Fiber
20 mcg	Vitamin A (RAE)
30 mg	Vitamin C
14 mcg	Vitamin K

*RAE: Retinol Activity Equivalents

Cucumber Salsa



10 servings
- 4 oz. portions



15-20
minutes

INGREDIENTS

- 1 large cucumber, chopped
- 2 medium-sized tomatoes, chopped
- 1/3 cup yellow bell pepper, chopped
- 1/3 cup green bell pepper, chopped
- 1/4 cup red onion, chopped
- 1/4 cup cilantro, minced
- 2 cloves of garlic, minced
- Juice of 1/2 lemon
- Juice of 1/2 lime
- Salt as needed (or 1 teaspoon salt)

INSTRUCTIONS

1. Chop the cucumber, tomatoes, bell peppers, and red onion. Cut into 1/4 inch pieces.
2. Mince the cilantro and garlic.
3. Add cut ingredients to a bowl.
4. Squeeze citrus juices over the bowl and mix ingredients together.
5. Add salt to taste, or up to a teaspoon.

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