

Cantaloupe Salsa

Adapted from: [Illinois Harvest of the Month](#)

Yield: 100

Serving Size: ½ cup

USDA Meal Components: ¼ cup fruit, ¼ cup other vegetable subgroup

Ingredients:

- 10 medium Cantaloupes, fresh peeled, seeded and diced
- 2-3 medium sized Red Onions, diced'
- 9lbs 7 oz Cucumber, fresh, pared, quartered and diced
- 5 lbs Red Bell Pepper, diced
- 3 bu Cilantro, fresh, stems removed and chopped
- 5 Jalapeno Peppers, fresh, seeded and minced
- 1¼ cups Lime juice
- 2 tsp. salt

Directions:

1. Combine all ingredients in a large bowl or tote.
2. Let sit to marry flavors for 1 hour.
3. Serve ½ cup portion.

Nutrition Facts

100 Servings Per Recipe	Amount Per Serving	Percent Daily Value
Serving Size	½ cup	
Calories	33	
Total Fat	0.5 g	0.64%
Saturated Fat	0 g	
Cholesterol	0 mg	0%
Sodium	58 mg	2.52%
Total Carbohydrate	7.7 g	2.8%
Dietary Fiber	1.3 g	4.64%
Total Sugars	6 g	
Protein	1 g	2%

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