

# Cantaloupe Salsa

Serve as an accompaniment for grilled fish or chicken.

Serves: 4

Yields: 2 cups

- "2 cups diced (1/4 inch) cantaloupe
- "1/4 cup finely chopped sweet onion such as Vidalia
- "2 tablespoons finely chopped fresh basil
- "1 (2-inch-long) fresh Serrano, minced (including some seeds)
- "1 tablespoon fresh lime juice
- "1/4 teaspoon salt

Toss together all ingredients in a bowl and let stand, covered and chilled, 10 minutes.

Per Serving: 34 Calories trace Fat (6.0% calories from fat) trace Saturated Fat 1g Protein; 8g Carbohydrate 1g Dietary Fiber 0mg Cholesterol 141mg Sodium
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