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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