

WHIP IT UP WEDNESDAY

Cucumber Strawberry Salsa

INGREDIENTS

- 1 cup fresh strawberries, diced
- 1 cup fresh cucumber, diced
- 1/2 cup red onion, finely diced
- 1/2 - 1 jalapeno pepper, finely chopped
(remove seeds for less heat)
- 1/4 cup fresh mint, rinsed and chopped
- 1 tablespoon lime juice
- 1/4 teaspoon salt
- 1/8 teaspoon ground black pepper

DIRECTIONS

1. Wash hands with soap and water.
2. Gently rub produce under cool running water.
3. Combine strawberries, cucumber, onion, pepper, and mint in a bowl.
4. Toss with lime juice.
5. Add salt and pepper and stir.
6. Serve with baked whole-grain chips or crackers.



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