



Fruit Salsa

Number of servings: 6

Serving size: 1 cup

Equipment:

None

Ingredients:

- 1 green pepper, seeded, diced
- 1 small cucumber, peeled, seeded, diced
- 1 small jalapeno, minced
- 1 cup pineapple, diced
- 1 cup cantaloupe or honeydew, diced
- 1 cup watermelon, diced
- 1 cup cilantro chopped
- 1 Tablespoon lime juice
- 1 Tablespoon honey

Directions:

Mix all the ingredients together in a bowl. Enjoy!

Cost per recipe: \$4.58

Cost per serving: \$0.76

MyPlate servings: ½ serving of vegetables, ½ serving of fruit

Pump it Up: Stand with your legs shoulder width apart. Bend your knees so you are squatting. Now alternate lifting one foot then the other, quickly like you are running. Feel your heart and legs working! How long can you do it?

Food for Thought: Fruits and vegetables are packed with vitamins, nutrients, and fiber which helps to keep you healthy. Eating a variety of different colors provide nutrients that help different parts of your body!

Nutrition Facts

Serving Size 1 cup
Serving Per Container 6

Amount Per Serving

Calories 49

	% Daily Values*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Potassium 214mg	6%
Sodium 7mg	0%
Total Carbohydrate 12g	4%
Dietary Fiber 1g	4%
Sugars 10g	
Protein 1g	2%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

****Nutrition Analysis:** performed using
<https://www.supertracker.usda.gov>