



Cucumber Salsa

Prep Time: 15 minutes

Cost per serving: \$0.28

What you need:

Utensils:

- Measuring cups & spoons
- Cutting board & knife
- Large mixing bowl
- Mixing spoon

Ingredients:

- 1 cucumber, peeled and chopped
- 1 small avocado, peeled and chopped
- ¼ cup red onion, minced
- 2 tablespoons cilantro, chopped
- 1 chile Serrano, seeded and minced
- 1 clove garlic, minced
- 2 tablespoons fresh lime juice
- 2 tablespoons water

What to do:

1. Wash your hands and clean your cooking area.
2. Combine cucumber, avocado, onion, cilantro, chile, garlic, lime juice, and water. Add salt to taste.
3. Refrigerate before serving.



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Nutrition Facts

Serving Size 1/4 cup
Servings Per Container 5

Amount Per Serving

Calories 80 **Calories from Fat 50**

% Daily Value*

Total Fat 6g **9%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 6g **2%**

Dietary Fiber 3g **12%**

Sugars 1g

Protein 1g

Vitamin A 2% • Vitamin C 15%

Calcium 2% • Iron 2%