

Recipe of the Month – June 2023

Cucumber Salsa

Serves: 4

Serving Size: 1/2 cup

Cost per Serving: \$0.62

Ingredients:

2 cups cucumber (seeds removed and finely chopped) (1 large cucumber)

1/2 cup tomato (seeds removed and finely chopped) (1/2 medium tomato)

1/4 cup onion (finely chopped) (1/4 medium onion)

1/4 cup pepper (finely chopped)

1 Garlic clove, minced

1/4 cup reduced fat sour cream

1 1/2 teaspoons lemon juice

1 1/2 teaspoons lime juice

1/4 teaspoon ground cumin

1/4 teaspoon salt



Directions:

1. Stir cucumber, tomato, onion, pepper, and garlic together in a medium bowl.
2. Stir sour cream, lemon juice, lime juice, ground cumin, and salt together in a small bowl. Pour over cucumber mixture. Stir until vegetables are evenly coated with the dressing.
3. Serve right away.

Tips:

- Choose any type of pepper you like to make the salsa mild, medium, or hot.
- Serve this salsa with chips, as a topping for tacos, or on its own.

Nutrition Facts per Serving: 30 calories, 1.5g total Fat (1g sat. fat),

5mg.Cholesterol, 105mg Sodium, 4g Carbohydrates, 1g Fiber, 1g Sugar, 1g Protein

*Recipe compliments of Iowa State University Extension and
Outreach: Healthy & Homemade 2023 Nutrition & Fitness Calendar*



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

Clermont County Extension

1000 Locust Street, PO Box 670

Owensville, OH 45160

Phone: 513-732-7070