



Crisp Cucumber Salsa:

Note: 1/4 cup is only 16 calories! YES!!!

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2 cups finely chopped seeded peeled cucumber

1/2 cup finely chopped seeded tomato

1/4 cup chopped red onion

2 Tbsp minced fresh parsley

1 jalapeno pepper, seeded and chopped

4-1/2 tsp minced fresh cilantro

1 garlic clove, minced or pressed

1/4 c reduced-fat sour cream (I would Use Greek yogurt instead of sour cream)

1-1/2 tsp lemon juice

1-1/2 tsp lime juice

1/4 tsp ground cumin

1/4 tsp seasoned salt

Tortilla chips

In a small bowl, combine the first seven ingredients. In another bowl, combine the sour cream, lemon juice, lime juice, cumin and seasoned salt. Pour over cucumber mixture and toss gently to coat. Serve immediately with chips.

