

Fennel Cucumber Salsa

Ingredients:

- 1 English cucumber, diced
- 1 large fennel bulb, diced
- 1 avocado, diced
- 1/2 red onion, chopped
- 1/2 pickled banana peppers, diced
- 1 bunch cilantro, chopped
- 2 Tablespoons honey
- 3 Tablespoons lemon juice
- Salt & pepper to taste

Directions:

- 1) Combine all ingredients into a bowl and mix.
- 2) Allow mixture to sit for 20 minutes before serving.

Tips

- *Serve with tortilla chips or a baguette as an appetizer
- *Tastes great on top of grilled meats

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The
Farm

Saint Joseph Mercy Health System

Serves 6

Nutrition per serving

Calories: 101kcal

Fat: 5g

Sodium: 51mg

Carbohydrates: 15g

Sugar: 7g

Protein: 2g

