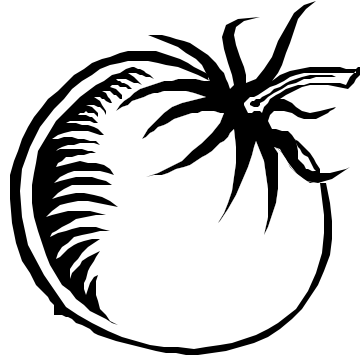


Honeydew Salsa

8 oz. honeydew
1 cup tomato, diced
1/3 cup scallions
2 tbsp lemon juice
1 tsp salt
1/4 cayenne pepper
1 tsp ground cumin
2 tsp canola oil



Mix first five ingredients in a medium bowl. Put the cayenne pepper, cumin, and oil in a small skillet. Stir and heat over a low flame until warmed throughout. Remove from heat and scoop part of honeydew mixture into skillet. Swirl around and use a rubber spatula to scrape it out into the bowl with the remaining honeydew and tomato mixture. Mix well to incorporate the spices. Makes 2 cups.

Per recipe: 83 mg phe
Per tbsp: 3 mg phe

Recipe from Barbara Kafka's Roasting