

Summer Squash & Cantaloupe Salsa

Ingredients:

2tbl. canola or vegetable oil
1 cup zucchini, small diced
1 cup yellow squash, small diced
½ cup yellow bell pepper, small diced
¼ cup red bell pepper, small diced
1/8 cup of sugar
1/8 tsp. kosher salt
1/8 tsp. ground black pepper
1 cup cantaloupe, diced

Directions:

Heat oil in a large skillet over high heat. Add all ingredients, except cantaloupe, and cook for 2 minutes, or until just tender. Remove from heat, drain, and spread out on a plate. Refrigerate quickly without a cover to stop the cooking. When cooled, mix in cantaloupe, and cover and refrigerate for at least 1 hour before serving. Serve as an accompaniment to spicy dishes, chicken, fish, and more.

Note: This salsa is especially good with any hot and spicy grilled food, fish tacos or quesadillas.

~ Credit: Food Network