

Watermelon Salsa

Ingredients:

Makes 12 servings
(1/4 cup = 1 serving)

- 1 1/2 tsp lime zest
- 1/4 cup fresh lime juice
- 1/2 Tbsp sugar
- 1/4 tsp ground black pepper
- 3 cups seeded watermelon, finely chopped
- 1 cucumber, peeled and diced
- 1 mango, peeled and diced
- 1-2 Jalapenos, seeded and minced
- 1 small red onion, finely chopped
- 8 basil leaves, finely chopped
- 1/2 tsp garlic salt



Photo Credit: <http://www.kandtestkitchen.com>

Method:

1. Stir together the lime zest, lime juice, sugar, garlic salt, and pepper.
2. Add the watermelon, cucumber, mango, jalapeno, onion, and basil and toss gently.
3. Chill until ready to serve.
4. Serve with pita chips or salsa.

Nutrition Facts

12 servings per container	
Serving size	1/4 Cup
Amount Per Serving	35
Calories	
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 45mg	2%
Total Carbohydrate 8g	3%
Dietary Fiber 1g	4%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 1g	2%
Vitamin D 0mcg	0%
Calcium 11mg	0%
Iron 0mg	0%
Potassium 137mg	2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Tips on Watermelon

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How To Store:
Store on countertop.



How To Use:
Use as a flavoring for water, in salads, or enjoy as a healthy snack!



Health Benefits:
Lowers Risk of Heart Disease, Diabetes, & Cancers; Promotes Healthy Aging.

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