

Food and Nutrition Program's Favorite Summer Recipe

Watermelon (Mild) Salsa

Low Fat/ Low Sodium

Ingredients:

- 9 cups finely diced watermelon (seedless or with seeds removed)
- 1/2 jalapeno peppers, washed, seeded and minced
- 1/3 cup chopped cilantro
- 1/4 cup lime juice
- 1/4 cup minced red onion
- 1/4 teaspoon salt (optional)

Directions:

1. Place watermelon, jalapenos, cilantro, lime juice and onion in a medium bowl; stir well to combine.
2. Season with salt, if desired. Serve at room temperature or chilled.



Number of Servings: 15

Serving size: 1/2 cup

Preparation time: 15 minutes

Equipment:

- Cutting board
- Sharp knife
- Large bowl
- Measuring cups
- Measuring spoon
- Mixing spoon



Per Serving:

36 Calories; trace Fat (10.0% calories from fat); 1g Protein; 8g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 94mg Sodium. Exchanges: 0 Grain (Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 0 Fat Fruit