



Ready In  15 min. Serves  8

## Watermelon Salsa

A mouthwatering combination of sweet and zesty.

### Ingredients

- 3 cups watermelon, *seeded and chopped*
- ½ medium onion, *chopped*
- ½ red bell pepper, *chopped*
- 1 jalapeño pepper, *seeded and chopped*
- 2 tablespoons fresh cilantro, *chopped*
- 2 tablespoons lime juice
- 1 teaspoon vegetable oil

### Directions

1. In a medium bowl, mix all ingredients.
2. Serve immediately or cover and refrigerate for up to one hour to allow flavors to blend.











### Nutrition Information per ½ cup serving:

**Calories 28 Carbohydrates 6g Fiber 1g Protein 1g Total Fat 1g Sat. Fat <1g Sodium 2mg**

Source: Nutrition Education and Obesity Prevention Branch (NEOPB)

Funded by USDA SNAP, an equal opportunity provider and employer.



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