

Watermelon Salsa

Rev. 5/2013
Ask the Dietitian County of Los Angeles
www.lapublichealth.org/nutrition


- 2 cups chopped, seedless watermelon
- 1 cup chopped, fresh peach
- 1 cup trimmed and chopped scallions
- 1/2 cup chopped, fresh cilantro
- 1 small jalapeno, seeded and minced
- 4 limes (juiced)
- Salt and pepper to taste

Ingredients: Yield 10 servings

Preparation: Toss all ingredients together in a mixing bowl and season with salt and pepper just before serving.

*This recipe has been adapted from watermelon.org

Nutritional information for 1/2 cup serving: Calories 25, Fat 0 gm, Fiber 1 gm, Cholesterol 0 mg, Sodium 80 mg.



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