

PEACHY-KEEN WATERMELON SALSA

Peachy-Keen Watermelon Salsa

Gluten Free, Higher Fiber, Low Carb / Diabetes Friendly, Lower Sodium, Vegetarian

Serves: 8 (Serving= 1/2 cup)

Nutrition (per serving)

Total Fat: 0 g	Total Carbohydrate: 12
Saturated Fat: 0 g	Dietary Fiber: 3 g
Sodium: 8 mg	Calories: 44
	Protein: 1 g

Ingredients

- ¼ cup sugar free apricot jelly (choose gluten free for GF version)
- ½ jalapeño, seeded and minced
- Zest and juice of 1 lime
- 2 cups seedless watermelon, diced
- 2 peaches, diced
- ½ cup red onion, diced
- 2 cups cherry tomatoes, quartered
- 2 Tablespoons fresh cilantro, chopped
- Salt and pepper to taste

Directions

1. In a small bowl, whisk together the apricot jelly, jalapeño, lime zest, and lime juice.
2. In a large bowl, combine the watermelon, peaches, red onion, tomatoes, and cilantro.
3. Drizzle the jelly mixture over the fruit and mix well.
4. Add salt and pepper to taste if necessary.
5. Serve with whole wheat pita chips or baked tortilla chips. You can even top your favorite grilled meat or fish dish with it.