

WATERMELON JALAPENO SALSA

Gluten Free, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 9 (Serving = 1/2 cup)

Nutrition (per serving)

Calories: 21

Total Fat: 0 g

Saturated Fat: 0 g

Sodium: 64 mg

Total Carbohydrate: 5 g

Dietary Fiber: 0.5 g

Total Sugars: 3 g

Protein: 1 g



Ingredients

- 1 small watermelon
- 1 cup diced cucumber
- 1 cup diced bell peppers (any combination of green, orange, yellow, or red bell peppers)
- ¼ cup chopped fresh cilantro
- ¾ cup diced red onion
- 2 Tablespoons fresh squeezed lime juice
- 2 Tablespoons finely chopped jalapeno
- ½ teaspoon ground black pepper
- ¼ teaspoon salt



OSF
HEALTHCARE

Directions

1. Cut the personal size watermelon in half, cut slices in the watermelon and scoop the slices out. Hollow out watermelon to be used as a bowl. Dice enough watermelon to measure two cups and drain juice. Save the remaining watermelon for another use.
2. In medium bowl, combine diced watermelon with remaining ingredients. Mix to combine. Add additional lime juice, black pepper, and salt if needed.
3. Drain any excess liquid from the bowl and then pour into the hollowed-out watermelon half. Serve salsa in the watermelon bowl paired with tortilla chips.