Watermelon Salsa

Sweet, savory and crunchy salsa accompanies grilled pork or chicken rather nicely. Try it with tortilla chips as a refreshing alternative to a tomato salsa.

Ingredients

- 3 cups finely diced seedless watermelon, (about 2¼ pounds with the rind) (see Tip)
- 2 jalapeno peppers, seeded and minced (see Ingredient note)
- ⅓ cup chopped cilantro, (about ½ bunch)
- ¼ cup lime juice
- ¼ cup minced red onion, (about ½ small)
- ⅛ teaspoon salt, or to taste

Steps

In large bowl, combine all ingredients; mix well. Cover; refrigerate at least 1 hour before serving.

Nutrition information

Serving size: ½ cup

Per serving: 26 calories; 0 g fat(0 g sat); 1 g fiber; 6 g carbohydrates; 1 g protein; 6 mcg folate; 0 mg cholesterol; 4 g sugars; 0 g added sugars; 505 IU vitamin A; 35 mg vitamin C; 9 mg calcium; 0 mg iron; 75 mg sodium; 122 mg potassium

Nutrition Bonus: Vitamin C (58% daily value)