

EASY | RECIPE

Watermelon Salsa

1-2 tbsp fresh **lime juice**

1-2 tbsp fresh **cilantro**, chopped

¼ tsp **garlic powder**

½ tsp **hot chili sauce**, to taste

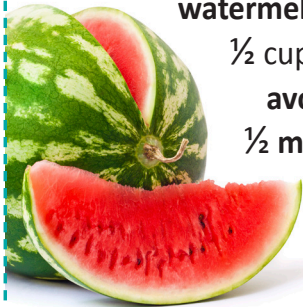
1½ cups seedless firm

watermelon, diced

½ cup firm

avocado, diced

½ **mango**, chopped



Combine first 4

ingredients and gently combine with fruit.

Serve with salad greens or alongside grilled shrimp, fish, beef or poultry.

Tip: Salsa means “sauce” in Spanish. It’s a versatile, colorful complement to many foods. To create your own, simply combine fresh, ripe fruits and vegetables cut into similar small pieces; pick a variety of colors and textures. Add your favorite seasonings and a squeeze of citrus juice.

MAKES 2 CUPS TOTAL (4, 1/2-cup servings).

59 calories | .9g protein | 2.8g total fat | .4g sat fat | 1.8g mono fat | .3g poly fat
| 0.0mg cholesterol | 9g carbs | 6.5g sugar | 1.8g fiber | 20mg sodium