



FRESH MARKET WATERMELON SALSA

SERVINGS: 50 CALORIES: 26 KCAL

Refreshing watermelon salsa contains just the right amount of sweet and spicy to create the perfect snack when served with chips. This light recipe combines watermelon with green and yellow bell peppers as well as onions and jalapenos to get the perfect kick.

INGREDIENTS

1 each Watermelon, whole, approx. 17 pounds washed well before cutting
 1 each Onion, white finely chopped
 1 each Pepper, green, bell cleaned, diced
 1 each Pepper, yellow, bell cleaned, diced
 2 each Peppers, jalapeno washed, seeds and membranes removed, finely chopped
 1/4 bunch Cilantro washed, finely chopped
 1/3 cup Juice, lime
 1/2 teaspoon Garlic Powder
 1/2 teaspoon Salt

INSTRUCTIONS

1. Remove rind from watermelon. Dice into 1/2 inch pieces.
 2. Mix all ingredients gently in a large bowl.

RECIPE NOTES

Serve immediately or store salsa in the refrigerator for up to a day in a covered plastic or glass container.

Serve with baked tortilla chips, chicken or fish. Hold at 41 ° F or lower.

Crediting: 1/2 cup = 1/2 cup fruit.

NUTRITION FACTS PER SERVING (0.5CUP)

Calories: 26 kcal | Sodium: 57.1 mg | Carbohydrates: 6.8 g

This recipe has not been tested or standardized by Healthy School Recipes. The outcome, allergen information, and nutrient data may vary depending on the specific ingredients and equipment used in your location.