



June 18- Watermelon Salsa

Smart Snack

Link: <http://allrecipes.com/recipe/watermelon-salsa/>

Recipe

Ingredients:

- 2 cups seeded and coarsely chopped watermelon
- 2 Tablespoons chopped onion
- 3 Tablespoons seeded, chopped Anaheim Chile
- 2 Tablespoons balsamic vinegar
- ¼ teaspoon garlic salt

Directions:

1. In a serving bowl, mix together the watermelon, onion, and Chile pepper. Season with balsamic vinegar and garlic salt.
2. Cover and refrigerate for at least one hour to blend flavors.

Yield 16 servings

Nutrition Facts

Serving Size 1 serving (24.08g)
Servings Per Container 16

Amount Per Serving

Calories 10 **Calories from Fat** 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 25mg **1%**

Total Carbohydrate 2g **1%**

Dietary Fiber 0g **1%**

Sugars 2g

Protein 0g **0%**

Vitamin A 2% • Vitamin C 15%

Calcium 0% • Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.