

Cooking for Wellness

Sponsored by:



Watermelon Salsa

Ingredients

1 1/2 tsp lime zest (1 lime)

1/4 cup fresh lime juices

1 tablespoon sugar

Freshly ground pepper

3 cups seeded and finely chopped watermelon

1 cucumber, peeled, seeded and minced

1 small red onion, finely chopped

8 fresh basil leaves, finely chopped

1/2 tsp garlic salt

Tortilla or pita chips, for serving



Directions

- 1. Stir together the lime zest, lime juice, sugar and 3/4 tsp pepper in a bowl.
- 2. Add the watermelon, cucumber, mango, jalapeno, onion and basil and toss gently.