

WATERMELON SALSA

3 cups seedless watermelon, diced

2 cups cantaloupe, diced

1 small jalapeno pepper, seeded and minced

½ bunch cilantro, chopped

1 tablespoon fresh lime juice

salt to taste

In a large bowl, combine all ingredients and season with salt. Stir well to mix. Serve chilled or at room temperature. Serve with pita chips or great on grilled fish and chicken. A healthy substitution to calorie packed sauces.

Serves 8, approximately 35 calories per serving.

Jarvis McElhany

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Senior-Fruit and Vegetable