

Watermelon Salsa

Prep time: 20 min.

Total time: 1 hour, 20 minutes (includes chilling time)

Yield: 3 cups

Ingredients

- 2 cups seeded finely chopped watermelon
- 1/2 cup finely chopped peeled cucumber
- 1/4 cup finely chopped red onion
- 1/4 cup finely chopped sweet red pepper
- 1 jalapeno pepper, seeded and minced
- 1/4 cup minced fresh cilantro
- 1 tablespoon minced fresh basil
- 1 tablespoon minced fresh mint
- 2 tablespoons honey
- 1 teaspoon lime juice
- Baked tortilla chip scoops

Directions

In a large bowl, combine the watermelon, cucumber, onion, peppers and herbs. Drizzle with honey and lime juice; gently toss to coat. Refrigerate for at least 1 hour. Serve with chips.

Nutrition Profile

1/4 cup: 22 calories, 0 fat (0 saturated fat), 0 cholesterol, 1mg sodium, 6g carbohydrate (5g sugars, 0 fiber), 0 protein. Diabetic Exchanges: 1/2 starch.

Courtesy of Taste of Home, <https://www.tasteofhome.com/recipes/contest-winning-watermelon-salsa/>