



Watermelon Salsa

A mouthwatering combination of sweet and zesty.

Makes 8 servings.

½ cup per serving.



Prep time: 15 minutes

INGREDIENTS

- 3 cups seeded and chopped watermelon
- ½ medium onion, chopped
- ½ red bell pepper, chopped
- 1 tablespoon seeded and chopped jalapeño pepper
- 2 tablespoons chopped fresh cilantro
- 2 tablespoons lime juice
- 1 teaspoon vegetable oil

PREPARATION

1. In a medium bowl, mix all ingredients.
2. Serve immediately or cover and refrigerate for up to 1 hour to allow flavors to blend.

Nutrition information per serving: Calories 28, Carbohydrate 6 g, Dietary Fiber 1 g, Protein 1 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 2 mg



Citrus Berry Ice

A refreshing treat to beat the summer heat.

Makes 4 servings.

1 cup per serving.

Prep time: 50 minutes

INGREDIENTS

- 2 tablespoons fresh lemon juice
- 1 tablespoon sugar
- 2 oranges, peeled and quartered
- 2½ cups fresh strawberries
- ¼ teaspoon cinnamon

PREPARATION

1. Place all ingredients in a blender container and blend until smooth.
2. Pour the mixture into a shallow plastic container and place in the freezer.
3. Stir every 15 minutes until the mixture reaches a sherbet-like thickness. Serve immediately.

Nutrition information per serving: Calories 105, Carbohydrate 27 g, Dietary Fiber 5 g, Protein 1 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 4 mg