



WATERMELON, CUCUMBER & CORN SALSA

From [eatingwell.com](https://www.eatingwell.com)

Servings: 4

INGREDIENTS

- 2 ½ cups finely diced watermelon
- ¾ cup finely diced cucumber
- 1 ear corn, kernels removed
- 5 tablespoons finely chopped red onion
- 1/2 – 1 small jalapeño pepper, finely chopped
- 3 tablespoons chopped cilantro
- 3 tablespoons fresh lime juice
- ½ teaspoon kosher salt

DIRECTIONS

1. Stir watermelon, cucumber, corn kernels, onion, jalapeño to taste, cilantro, lime juice and salt together in a medium bowl. Serve immediately or cover and refrigerate for up to 1 day.

TIP TO MAKE AHEAD:

Cover and refrigerate for up to 1 day.

Nutrition Information (Per 1 Serving): 60 calories; protein 1.7g; carbohydrates 14.5g; dietary fiber 1.5g; sugars 7.8g; fat 0.5g; saturated fat 0.1g; vitamin c 18.5mg; calcium 15.6mg; iron 0.5mg; magnesium 23.2mg; potassium 239.9mg; sodium 245.9mg;

Source: Living Well | This information is shared by My Health Onsite for general information and education only. It is not intended to be a substitute for professional medical advice, diagnosis, or treatment. You should always consult your healthcare provider if you have any concerns or questions about your health.
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