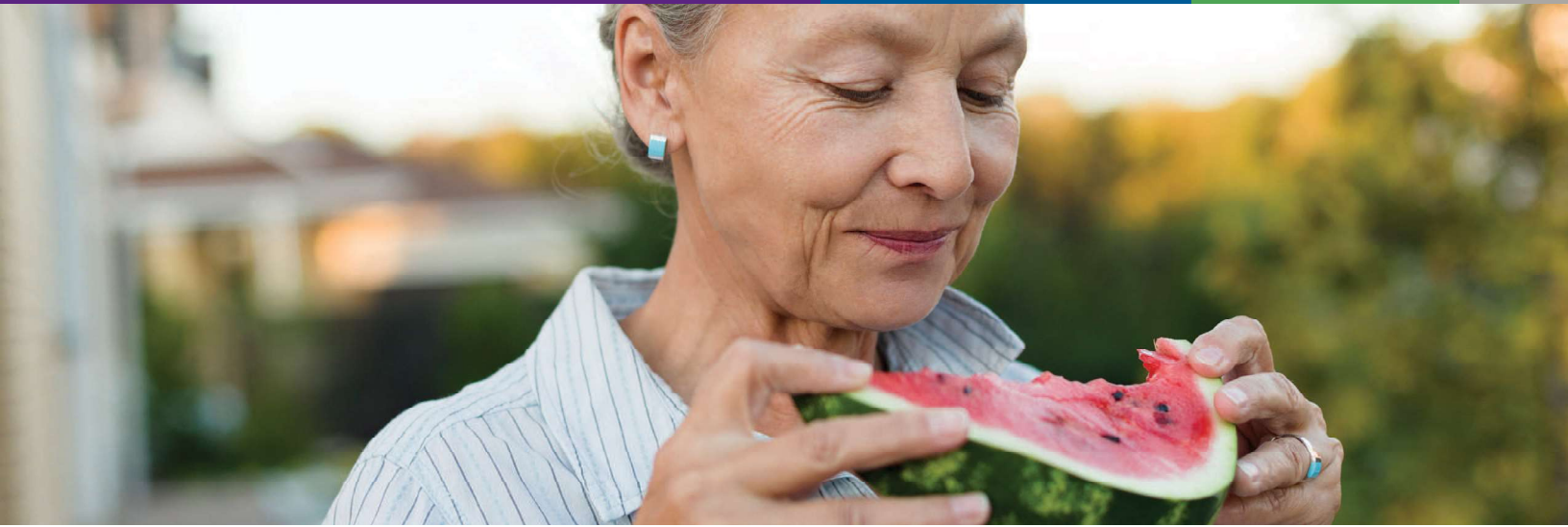


3 refreshing watermelon recipes



Don't be misled by watermelon's sweet flavor. One cup of diced watermelon has only 46 calories and no added sugar. Sink your teeth into some of these delicious watermelon recipes this summer.

Watermelon, avocado and cucumber salad

Makes 1 serving | Prep: 5 minutes | Cook: 0 min



Ingredients

- 1 cup cubed watermelon
- ½ medium cucumber, diced
- ¼ avocado, diced
- 1 tsp balsamic vinegar
- Salt and pepper, to taste

Instructions

In a bowl, toss together all ingredients. Serve at room temperature or chilled.

Nutrition information per serving | Serving size: Around 1.5 cups



Calories: 212 | Total fat: 10 g | Saturated fat: 2 g | Sodium: 10 mg | Cholesterol: 0 mg | Total carbs: 31 g | Fiber: 1 g
Sugars: 20 g | Protein: 4 g | Potassium: 793 mg

Watermelon mint slushy

Makes 2 servings | Prep: 5 minutes | Cook: 0 min



Ingredients

- 3 cups cubed watermelon
- 1 Tbsp lime juice
- 1 tsp chopped fresh mint leaves
- 1 cup ice

Instructions

Add watermelon, lime juice, mint and ice to blender. Combine until smooth. Pour into glasses and drink immediately.

Nutrition information per serving | Serving size: Around 1 cup



Calories: 128 | Total fat: 1 g | Saturated fat: 0 g | Sodium: 8 mg | Cholesterol: 0 mg | Total carbs: 32 g | Fiber: 2 g
Sugars: 26 g | Protein: 3 g | Potassium: 472 mg

Watermelon salsa

Makes 4 servings | Prep: 8 minutes | Cook: 0 min



Ingredients

- 4 cups diced watermelon
- 1 red bell pepper, diced
- ½ red onion, diced
- 1 jalapeño, seeded and finely diced
- ¼ cup fresh cilantro, chopped
- 2 Tbsp lime juice

Instructions

In a large bowl, toss all ingredients together. Serve on top of grilled fish or chicken, or with a handful of tortilla chips.

Nutrition information per serving | Serving size: Around 1 cup



Calories: 62 | Total fat: 0 g | Saturated fat: 0 g | Sodium: 3 mg | Cholesterol: 0 mg | Total carbs: 15 g | Fiber: 1 g
Sugars: 12 g | Protein: 1 g | Potassium: 254 mg

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