



Arizona Grown Watermelon Fire

Ingredients:

Arizona Grown Watermelon Fire and Ice S

- 3 cups chopped watermelon
- 1/2 cup chopped green peppers
- 2 tablespoons lime juice
- 1 tablespoon chopped cilantro
- 1 tablespoon chopped green onions
- 1-2 tablespoons chopped jalapeno peppers
- 1/2 teaspoon garlic salt

Directions:

1. Wash hands with warm water and soap. Wash fresh fruits and vegetables before preparing.
2. Combine all ingredients; mix well.
3. Cover and refrigerate at least one hour before serving.

Nutrition Facts (Per Serving)

Calories 25; Carbohydrate 7 m; Protein 1 m; Total Fat 0 m; Saturated Fat 0 m; Trans Fat 0 m; Cholesterol 0 mg; Fiber less than 1 m; Total Sugars 5 m; Sodium 92 mg; Calcium 8 mg; Folate 2 mcg; Iron 0.3 mg; Percent Calories from Fat 0%.

Recipe provided by the National Watermelon Promotion Board.

Makes six (1/2 cup) servings

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious food. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

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