

WATERMELON



STORAGE

Keep whole watermelon at room temperature for up to 2 weeks. Once cut, keep it in the refrigerator.

HOW TO USE

Add it to a fruit salad or a smoothie; cut it into cubes, sprinkle with chili and lime, and eat for a snack.

HELPS SUPPORT

Immune system and vision.

WATERMELON SALSA

Servings: 8

Preparation Time: 15 Minutes

INGREDIENTS

- 3 cups watermelon
- ½ medium onion
- ½ bell pepper
- 2 tablespoons cilantro
- 2 tablespoons lime juice
- 1 teaspoon oil



Photo: Champions for Change Program

INSTRUCTIONS

1. Take out the seeds from the watermelon and the pepper.
2. Chop the watermelon, bell pepper, onion, and cilantro into small pieces.
3. Mix all ingredients together in a medium bowl.

Adapted from the Champions for Change Program