



## Watermelon Pico de Gallo

**Prep: 20 minutes • Serves: 8**

- 1 jalapeño pepper, minced
- 2 cups finely chopped seedless watermelon
- ½ cup finely chopped kiwi
- ½ cup finely chopped yellow bell pepper
- ¼ cup finely chopped red onion
- 2 tablespoons chopped fresh cilantro
- 2 tablespoons fresh lime juice
- ¼ teaspoon salt
- 1 (9-ounce) bag tortilla chips

In large bowl, toss jalapeño, watermelon, kiwi, bell pepper, red onion, cilantro, lime juice and salt until combined. Serve with tortilla chips.

*Approximate nutritional values per serving:*

*175 Calories, 7g Fat (1g Saturated), 0mg Cholesterol, 179mg Sodium, 28g Carbohydrates, 1g Fiber, 4g Sugars, 3g Protein*

### Dietitian's Dish

- > **Crostini:** Peaches and arugula offer a nutrient-rich source of hydration without a lot of calories. Their essential nutrients like vitamins A and C, potassium, calcium and magnesium offer many benefits.
- > **Pico de Gallo:** Did you know that a 2-cup serving of watermelon is 92% water, has only 80 calories, and is fat-free? Plus, it provides essential nutrients that the body cannot make – like vitamins A, B6, and C, potassium, magnesium, thiamine and phosphorus.