



UNIVERSITY OF DELAWARE
**COOPERATIVE
EXTENSION**



Watermelon and Tomato Salad

Servings

6 servings

Ingredients

- 1 ½ cup red onion (chopped)
- 1 cup cantaloupe (chopped)
- 1 cup watermelon (chopped)
- 1 tomato (chopped)
- 1 jalapeno (chopped)
- ¼ cup lime juice, ¼ cup fresh cilantro (chopped)
- salt and pepper to taste

Directions

1. Combine all ingredients in a large bowl
2. Toss until fully mixed
3. Refrigerate before serving

Nutrient content per serving

- Calories- 43cals
- Carbs- 10g
- Protein- 1.3g
- Fat- .3g
- Sodium- 18mg
- Fiber- 2g

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