




Fire and Ice Salsa



Ingredients	Makes 3 cups		
Watermelon, seeded and chopped	3 cups		
Green peppers, seeded and chopped	1/2 cup		
Fresh lime juice	2 Tablespoons		
Fresh cilantro, chopped	1 Tablespoon		
Green onion, sliced	1 Tablespoon		
Fresh jalapeno pepper, seeded and minced	2 Tablespoons		
Directions			
<ol style="list-style-type: none"> 1. Wash hands with soap and water. 2. Wash all fresh fruits and vegetables under cool running water. 3. In a large bowl, combine all ingredients. 4. Cover and refrigerate one hour or more before serving. 5. Hold and serve at 41 degrees or below. 			
Nutritional Information Per Serving	Additional Information		
Serving size: 1 cup	1. How to pick a great watermelon video		
Calories: 60	2. How to wash a watermelon video		
Carbohydrates: 14 grams	3. Watermelon Cutting and Yield pdf		
Fiber: 1 gram	4. Missouri Growing with MO Watermelon Mini Poster		
Sugar: 11 grams			
Protein: 1 gram			
Recipe Source: Watermelon.org			