

Watermelon and Mango Salsa

This heart healthy summer recipe is great with a baked, whole grain tortilla chip or over grilled fish or chicken.

Yield: 3 Cups (serving size: ½ Cup)



Preparation:

In a large bowl, whisk lime juice, brown sugar, salt, ginger and pepper until sugar dissolves. Dice the onion and soak in ice water to remove acid and crisp. While onion is soaking, cut watermelon, mango, cucumber and mint, and add to the bowl with the dressing. Drain the red onion and add to the fruit mixture; gently toss. Cover and chill. Season with salt to taste and serve cold.

Ingredients:

- 1/4 cup lime juice
- 2 tablespoons brown sugar
- 1/2 teaspoon kosher salt
- 2 tablespoons crystallized ginger, finely minced
- 1 small jalapeno pepper, core and ribs removed, finely diced
- 1/4 cup red onion, 1/4 inch dice
- 2 cups watermelon, 1/4 inch dice
- 1 ripe mango, peeled and 1/4 inch diced
- 1/2 cup cucumber, peeled, seeded, 1/4 inch diced (1 small cucumber)
- 2 tablespoons fresh mint leaves, very thinly sliced

Nutritional Data Per Serving:

Calories: 57

Fat: .2 grams (3.5% of calories from fat)

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