

# Caribbean Salsa



## Ingredients:

- 2 cups chopped seeded watermelon
- 1 cup chopped fresh pineapple
- 1 cup chopped onion
- ¼ cup chopped fresh cilantro
- ¼ cup orange juice
- 1 Tbsp chopped jalapeno pepper or jerk seasoning (or to taste)

## Instructions:

- In a large bowl combine ingredients; mix well.
- Refrigerate, covered, at least 1 hour to blend flavors.
- Stir before serving over grilled chicken or tuna steaks.

## Nutrient Analysis:

- Makes 8 servings; Per serving: 34 calories, 1 g protein; 0 g fat; 0 mg cholesterol; 3 mg sodium

Source: National Watermelon Promotion Board, 2010