

UofL Health Promotion Office Featured Recipe

Use the abundant local veggies from Farmers' Markets to make a luscious and nutrient-dense meal...quickly!

Watermelon Salsa!



Ingredients:

- 1.5 cups fresh watermelon (diced)
- 1 cup red onion (diced)
- 1 cup cucumber (diced)
- 1 cup tomatoes (diced)
- 1/3 cup chopped cilantro
- 1/4 cup minced jalapeño (optional)
- juice of 1 lime
- salt and pepper (to taste)

Preparation:

- Add all ingredients to a bowl and evenly mix.
- Allow to set in the refrigerator for at least 1 hour to let all the flavors meld together.
- Enjoy!

More recipes from UofL Health Promotion Office:

www.louisville.edu/healthpromotion/health-topics/food-nutrition-cooking/recipes

Chef Mat's website has more recipes for fresh summer veggies and fruits:

www.junehealthandwellness.com