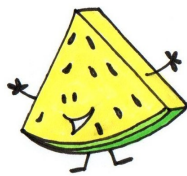


# Watermelon Salsa

Serves 6-8



## Ingredients:

- 1/2 small watermelon
- 1 large tomato
- 1/4 sweet onion
- Small bunch of cilantro
- 1/8 cup lime juice
- Pinch of salt



## Instructions:

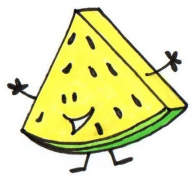
1. Wash hands and all vegetables 🥕
2. Dice the watermelon and tomato and place in a large bowl
3. Finely chop the sweet onion and cilantro and add to bowl
4. Add lime juice and salt to bowl and mix together 🥕

🥕 = kid-friendly step



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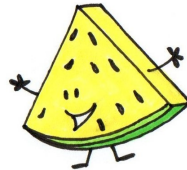
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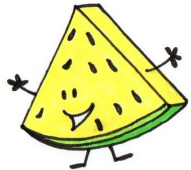
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## WHY WATERMELON?

- Watermelons are almost all water so they are very refreshing and low in calories.
- Watermelons are an excellent source of vitamin C and beta carotene, beta carotene is converted into vitamin A in your body.
- Vitamin C wards off various cancers and heart disease.
- Vitamin A supports healthy eyesight and aids in the prevention of glaucoma.

The Minnesota Farmers Market Association (MFMA) provides services, programs and leadership that support and promote farmers' markets across Minnesota.

For more information:  
[www.mfma.org](http://www.mfma.org)



Budding Farmers is an innovative enrichment program that teaches children about healthy food produced by their local farmers.

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