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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For more recipes, program information and to sign up visit: www.buddingfarmers.com

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.

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