

# Cucumber Watermelon Salad

## Ingredients

- 2 tablespoons lime juice
- 2 tablespoons granulated sugar
- ½ teaspoon salt
- ¼ cup minced fresh parsley
- 2 medium unpeeled cucumbers, washed, ends removed, sliced lengthwise then sliced crosswise
- 3 cups watermelon, cut in 1-inch cubes (about 1 pound)

## Instructions

1. Combine the lime juice, sugar and salt in a 2-quart bowl; whisk together. Stir in parsley.
2. Add the cucumbers; toss with a rubber spatula, coating all cucumber pieces. Add the watermelon; fold in gently.
3. Cover, set aside and allow juice from the watermelon to mix with the other juices. Stir gently and let stand at room temperature 1 hour.

## Notes

Choose a watermelon without a flat side and that sounds hollow when you knock on it. Look for a melon with a dull (not shiny) rind free of soft spots, gashes or blemishes.

## Source

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<http://www.eatright.org/kids/recipe.aspx?id=6442471098&print=8#sthash.rpvnNQJD.dpuf>

<b>Nutrition Facts</b>	
Serving Size 1 1/2 cups	
Amount per serving	
Calories	90
% Daily Value*	
Total Fat	.5g
Saturated Fat	0g
Cholesterol	0mg
Sodium	300mg
Total Carbohydrate	20g
Dietary Fiber	2g
Protein	2g
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	