

# Louisiana HARVEST of the MONTH

## Cucumber & Watermelon Salad

Home Recipe

Serves: 4  
Prep Time: 10 minutes

### Ingredients

- 1 lb peeled, ½ inch diced watermelon
- 1 medium cucumber  
peeled and diced, ¼ inch diced
- 1 chopped red bell pepper
- 2 Tbsp fresh lime juice
- 2 Tbsp red wine vinegar
- ½ tsp sugar
- fresh basil

### Nutrients Per Serving

- **Calories** 30
- **Total Fat** 0 g
  - **Saturated Fat** 0 g
- **Cholesterol** 0 mg
- **Sodium** 0 mg
- **Carbohydrates** 7 g
  - **Dietary Fiber** 1 g
- **Total Sugars** 5 g
- **Protein** 1mg
- **Calcium** 9 mg
- **Iron** 0 mg
- **Potassium** 140 mg

### Cooking Instructions

- 1) Gently mix all ingredients being careful not to mash fruit and vegetables.
- 2) Cover and refrigerate up to 6 hours before serving.

