

# BEYOND HUNGER

## Watermelon with Chili-Lime Seasoning

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*This simple recipe comes straight to you from our Nutrition Intern's home. Watermelon is back in season, and it happens to be Kevin's favorite summer snack. He adds lime juice and chili lime seasoning for a kick of flavor. Many people in the Mexican American community enjoy this chili-lime seasoning and add it to other fruits, veggies, candy, and cold beverages.*

**Yields:** 8 cups

**Serving Size:** 1 cup

### Ingredients:

- 1 medium size **watermelon** cut into cubes.
- 2 **limes**
- 2 tsp of reduced sodium **chili-lime seasoning**

### Instructions:

1. In a large bowl, add the watermelon cubes and squeeze the lime juice on top.
2. Sprinkle your favorite low-sodium chili-lime seasoning over the watermelon.
3. Gently toss to combine ingredients.
4. Serve immediately and enjoy.

**Per Serving:** Calories 48 kcal, Carbohydrates 21.6g, Protein 1g, Saturated Fat 0g, Sodium 121.7mg, Fiber 0.7g, Sugars 9.6g  
This recipe was provided by dietetic intern, Kevin Rodriguez.