

Summertime Watermelon Salsa



Want the best summer salsa? This sweet and savory mix combines classic salsa ingredients with watermelon, avocado and feta for a delicious party dip.

Prep Time: 15 min

Total Time: 1h 15 min, Makes 3-1/2 cups salsa or 28 servings, 2 Tbsp. salsa and 11 WHEAT THINS each.

Ingredients

- 1 tbsp. honey
- Zest and juice of 1 lime
- 2 cups seeded diced watermelon
- 1/4 cup EACH finely chopped green and red peppers
- 1/4 cup finely chopped red onions
- 2 green onions, thinly sliced
- 1/2 avocado, chopped
- 1/2 cup small fresh cilantro leaves
- 1/3 cup crumbled feta cheese, divided
- WHEAT THINS Big Snacks

Preparation

- Mix honey, lime zest and lime juice until blended.
- Combine watermelon, peppers and onions in medium bowl. Add honey mixture; mix lightly.
- Refrigerate 1 hour.
- Add avocados, cilantro and 1/4 cup cheese to watermelon mixture; mix lightly. Top with remaining cheese.
- Serve with WHEAT THINS.

Tips

Special Extra: Sprinkle salsa with freshly ground black pepper in addition to the remaining cheese.

Variation: Serve the salsa with WHEAT THINS Original Snacks instead of the WHEAT THINS Big Snacks. Makes 3-1/2 cups salsa or 28 servings, 2 tbsp. salsa and 16 WHEAT THINS each.

Nutrition notes: Enjoy the great taste of eating well with these crisp whole wheat crackers served with a refreshing fruit salsa.

Nutrition Information per Serving: 160 Calories, 6 g Total Fat, 1 g Saturated Fat, 0 g Trans Fat, 0 mg Cholesterol, 230 mg Sodium, 24 g Total Carbohydrate, 2 g Dietary Fiber, 6g Total Sugars (Includes 5 g Added Sugars), 3 g Protein, 0 %DV Vitamin D, 4 %DV Calcium, 6 %DV Iron, 2 %DV Potassium, 0 %DV Vitamin A, 6 %DV Vitamin C