

Mangoes and watermelon can help lower blood pressure, and watermelon's antioxidants may reduce heart attack risk. This is great with a baked, whole grain tortilla chip or over grilled fish or chicken.

Ingredients:

- ¼ Cup lime juice
- 2 Tablespoons brown sugar
- ½ teaspoon kosher salt
- 2 Tablespoons crystallized ginger, finely minced
- 1 small jalapeño pepper, core and ribs removed, finely diced
- ¼ Cup red onion, ¼" dice
- 2 Cups watermelon, ¼" dice
- 1 ripe mango, peeled and ¼" diced
- ½ Cup cucumber, peeled, seeded, ¼" diced (1 small cucumber)
- 2 Tablespoons fresh mint leaves, very thinly sliced

Preparation:

In a large bowl, whisk lime juice, brown sugar, salt, ginger and pepper until sugar dissolves. Dice the onion and soak in ice water to remove acid and crisp. While onion is soaking, cut watermelon, mango, cucumber, and mint and add to the bowl with the dressing. Drain the red onion and add to the fruit mixture; gently toss. Cover and chill. Season with salt to taste and serve cold.

Yield: 6 servings (serving size: 1 cup)

Nutritional Data Per Serving

- Calories: 57
- Fat: .2 grams (3.5% of calories from fat)

