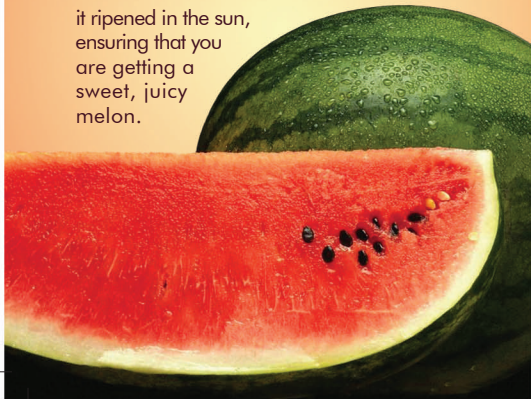


- **Watermelon** packs a healthy dose of vitamins A and C, potassium and lycopene, a powerful antioxidant that may help to reduce the risk of cancer and other diseases.

- Low in calories and virtually fat free, the high water content of **watermelon** makes it very filling - an excellent choice for weight loss.

- **Watermelon** is actually a member of the cucumber and squash family. The largest **watermelon** on record weighed 262 pounds!

- Choose a **watermelon** that is heavy for its size, free of bruises, cuts or dents. A yellow area on the underside means it ripened in the sun, ensuring that you are getting a sweet, juicy melon.



# Chunky Watermelon Salsa

An ideal accompaniment for grilled shrimp

- 1 lime
- 2 cups ½-inch pieces seeded watermelon
- 1 cup ½-inch pieces seeded, peeled cucumber
- ¼ cup thinly sliced green onions
- 2 tablespoons minced fresh cilantro
- 2 teaspoons minced seeded jalapeño chili
- 1 teaspoon sugar

Using a small sharp knife, cut peel and white pith from lime. Cut lime into ¼-inch pieces. Place in medium bowl. Add all remaining ingredients to same bowl. Season with salt and pepper. Toss to blend. Cover and refrigerate at least 30 minutes. (Can be prepared up to 2 hours ahead. Keep refrigerated.) Serve chilled. Makes approximately 3½ cups.





**Shannon Sanders, Realtor**

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*I hope you are enjoying your summer. The Real-Estate market is just as hot as the weather! I'd love the chance to help you or anyone you know buy or sell their next home. If you need any advice please call me. For your next summer picnic try this tasty recipe to cool off and enjoy! Shannon*

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*If you are currently working with a realtor, this is not a solicitation.*