

# Watermelon Blueberry Salsa

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Holy cannoli... watermelon blueberry salsa that is to die for! OK, maybe not die-die, as in blood and gore, but seriously, this is SO good! I've never ventured this far off the salsa path before, but I've been wanting to try watermelon in salsa for a while now, and we have so many wild blueberries this year... and just yesterday I finally found my heart-shaped cutters (don't ask me how things can get lost in a 600 sq ft cabin!)... so it had to happen.

I admit, I was a total skeptic... I mean who eats blueberries with jalapeno and purple basil. If I had made a bet I'd be eating my hat right now instead of this delicious dish. You'll have to make it and taste for yourself. Watermelon and cucumbers are especially hydrating, and you'll get a great boost of antioxidants from the blueberries and herbs, esp. if you use purple basil. Research has show cilantro, also called Chinese parsley, has been found to be effective at chelating heavy metals, particularly lead and mercury, so they can be eliminated through urination <sup>(1, 2, 3)</sup>. Good to know... now onto making salsa!

Cut watermelon does not keep well, especially when cut into such small pieces, so you'll want to eat this the day it is made.

For about 4 cups, use:

1 small seedless watermelon  
1 1/2 cups fresh blueberries (I used wild)  
1 long English cucumber  
1 large jalapeno pepper (green)  
1 small bunch of cilantro  
4 sprigs mint or 2 Tbsp chopped (I use spearmint)  
4 sprigs purple basil or 2 Tbsp chopped (lemon basil would work well too)  
1 small bunch chives or 3 Tbsp chopped  
1 small purple onion, diced small  
2 limes, zest and juice  
1/2 cup orange or pineapple juice  
smoked sea salt

### **The Process:**

- 1.** Wash, dry and slice cucumber on a bias to create long diagonal discs. If you have a small shaped cutter, you can use one to make beautiful shapes. I used a scalloped heart, or cut into any shape you like (small dice, short strips, etc.)
- 2.** Now peel the watermelon by making a cube (I set all the pink flesh left on the peels aside for snacking on... NO waste! Once you have a cube, cut 1/4 inch slabs. Using your decorative cutter, cut as many shapes as you can (eat the scraps!) or cut into any shapes you like, i.e. small dice, diamonds, rectangles, etc.).
- 3.** Finely dice the jalapeno (remove seeds and membranes for less heat). Zest and juice the limes. Combine the citrus juices and set aside. Combine all the herbs and lime zest. In a beautiful bowl, layer the fruit with the chopped herbs and vegetables. Pour the citrus juice over all. Cover and chill 1-2 hours until ready to serve.

Nutrition Facts	
Servings: 8	
Per Serving	% Daily Value*
Calories 44	
Total Fat 0.2g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 9mg	0%
Potassium 136mg	3%
Total Carb 11.3g	4%
Dietary Fiber 2g	7%
Sugars 6.9g	
Protein 0.9g	
Vitamin A 16% · Vitamin C 34%	
Calcium 2% · Iron 6%	
*Based on a <a href="#">2,000 calorie diet</a>	
Recipe analyzed by <a href="#">verywell</a>	

**Disclosures:** None. This post was not created in affiliation with any product or brand. The opinions expressed are my own. I will only write about products that I trust and use.

Sources:

1. Aga M, Iwaki K, Ueda Y, et al. Preventive effect of Coriandrum sativum (Chinese parsley) on localized lead deposition in ICR mice. *Journal of Ethnopharmacology*. 2001;77(2-3):203-208. doi:10.1016/s0378-8741(01)00299-9. [\(view here\)](#)
2. Omura Y, Beckman SL. Role of Mercury(Hg) in Resistant Infections & Effective Treatment of Chlamydia Trachomatis and Herpes Family Viral Infections (and Potential Treatment for Cancer) by Removing Localized Hg Deposits with Chinese Parsley and Delivering Effective Antibiotics Using Various Drug Uptake Enhancement Methods. *Acupuncture & Electro-Therapeutics Research*. 1995;20(3):195-229. doi:10.3727/036012995816357014. [\(view here\)](#)
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