

# Watermelon Lime Slushie

📄 Recipe by Christy Brissette, MS, RD | Photo by Renée Comet



Try this refreshing alternative to sugary drinks! It's made with fresh watermelon for a lightly sweet flavor with no added sugar, plus zesty lime and cool mint. Perfect for a hot summer day!

🕒 5 min prep time    🍴 4 servings    🥛 6 oz (about 3/4 cup)

## Step-By-Step Instructions:

1. Puree the watermelon, ice, lime juice, and mint in a blender until you get a slushie consistency. Pour into glasses and garnish with a sprig of mint (optional).

# Nutrition Facts

4 Servings

Serving Size 6 oz (about 3/4 cup)

Amount per serving

**25**

**Calories**

% Daily value\*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fats 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 7g 3%

Dietary Fiber 1g 4%

Total Sugars 5g

Added Sugars 0g 0%

Protein 1g

Potassium 105mg 2%

## Ingredients

watermelon

2 cup

ice

2 cup

lime juice

1/4 cup  
(from  
about 2  
limes)

fresh mint leaves

2 tbsps  
(plus more  
for  
garnish)

# Taste of Home



## Chicken Tacos

**🕒 Total Time** Prep/Total Time: 30 Min.

**👤 Yield** 4 Servings



**👍 Test Kitchen Approved**

This chicken taco recipe features a light, refreshing salsa made from avocados and corn. The chicken takes on the perfect combination of seasonings as you cook this dish; you may even want to make extra because it's just that good.

## Ingredients

- 1 pound boneless skinless chicken breasts, cut into 1/2-inch strips
- 1/3 cup water
- 1 teaspoon sugar
- 1 tablespoon chili powder

- 1 teaspoon onion powder
- 1 teaspoon dried oregano
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- 1/2 teaspoon salt
- 1/2 teaspoon garlic powder
- 1 medium ripe avocado, peeled and cubed
- 1 cup fresh or frozen corn, thawed
- 1 cup cherry tomatoes, quartered
- 2 teaspoons lime juice
- 8 taco shells, warmed

## Directions

- 1 Place a large skillet coated with cooking spray over medium-high heat. Brown chicken. Add water, sugar and seasonings. Cook 4-5 minutes or until chicken is no longer pink, stirring occasionally.
2. Meanwhile, in a small bowl, gently mix avocado, corn, tomatoes and lime juice. Spoon chicken mixture into taco shells; top with avocado salsa.

## Nutrition Facts

2 tacos: 354 calories, 15g fat (3g saturated fat), 63mg cholesterol, 474mg sodium, 30g carbohydrate (4g sugars, 6g fiber), 27g protein.

**Diabetic Exchanges:** 3 lean meat, 2 starch, 1 fat.