



*Simple,
Seasonal,
Sustainable*

Recipe of the Week

Cucumber Watermelon Salad

Ingredients:

- 2 tablespoons olive oil
- 2 tablespoons balsamic vinegar
- 2 cucumbers, peeled, seeded and chopped
- 1 seedless watermelon, peeled and cubed
- 2 tablespoons fresh mint, minced
- 3 tablespoons fresh basil, minced
- ½ cup walnuts
- Salt and pepper to taste

Directions:

1. Whisk together olive oil and vinegar.
2. Add remaining ingredients and stir together gently.
3. Salt and pepper to taste.

Serves 6

140 calories, 11 g fat, 1 g saturated fat, 11 g carbohydrate, 2 g fiber, 3 g protein, 0 mg sodium

Source: Linus Pauling Institute

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