



*Simple,
Seasonal,
Sustainable*

Recipe of the Week

Watermelon & Tomato Salad

Ingredients

- 2 large tomatoes, rinsed and cut into 6 slices each
- 2 tablespoons white balsamic vinegar (or substitute apple cider vinegar)
- 1 tablespoon olive oil
- 1 tablespoon fresh basil, rinsed, dried, and chopped (or 1 teaspoon dried)
- 4 cups diced watermelon, with seeds removed (about half a small melon, rinsed)
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper

Directions

1. Arrange three tomato slices on each of four salad plates.
2. Combine vinegar, oil, and basil in a bowl, and mix well.
3. Add watermelon, and gently toss to coat evenly.
4. Spoon watermelon over the tomatoes.
5. Top with salt and pepper, and serve.

Serves 4

100 calories, 4 g fat, 1 g saturated fat, 16 g carbohydrate, 2 g fiber, 2 g protein, 127 mg sodium

Source: National Heart, Lung, and Blood Institute

