



## NUTRITION PER SERVING:

<b>CALORIES</b>	96
<b>PROTEIN</b>	2 G
<b>CARBOHYDRATE</b>	16 G
<b>TOTAL FAT</b>	4 G

<b>PREP TIME:</b>	20 MINUTES
<b>COOK TIME:</b>	NONE

<b>YIELD:</b>	4 SERVINGS
<b>SERVING SIZE:</b>	3 TOMATO SLICES, 1 C WATERMELON (OR 2 SKEWERS)

**2** LARGE TOMATOES, RINSED AND CUT INTO 6 SLICES EACH

**2 TBSP** WHITE BALSAMIC VINEGAR (OR SUBSTITUTE APPLE CIDER VINEGAR)

**1 TBSP** OLIVE OIL

**1 TBSP** FRESH BASIL, RINSED, DRIED, AND CHOPPED (OR 1 TSP DRIED)

**4C** DICED WATERMELON, WITH SEEDS REMOVED (ABOUT HALF A SMALL MELON, RINSED)

**¼ TSP** SALT

**¼ TSP** GROUND BLACK PEPPER



## WATERMELON AND TOMATO SALAD

### A PERFECT MIXTURE OF TANGY AND SWEET

- 01 Arrange three tomato slices on each of four salad plates.
- 02 Combine vinegar, oil, and basil in a bowl, and mix well.
- 03 Add watermelon, and gently toss to coat evenly.
- 04 Spoon watermelon over the tomatoes.
- 05 Top with salt and pepper, and serve.

Substitute three cherry or grape tomatoes and three chunks of watermelon threaded onto a wooden skewer (eight skewers needed). Serving: two skewers.



Children can help mix the salad or thread the skewers.

