

Fitness Aspects

For the Body & Mind

NUTRITION PER SERVING:

CALORIES	96
PROTEIN	2 G
CARBOHYDRATE	16 G
TOTAL FAT	4 G

PREP TIME:	20 MINUTES
COOK TIME:	NONE

YIELD:	4 SERVINGS
SERVING SIZE:	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.

