

watermelon & tomato salad



National Heart, Lung,
and Blood Institute

<http://wecan.nhlbi.nih.gov>

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)

$\frac{1}{4}$ teaspoon salt

$\frac{1}{4}$ teaspoon ground black
pepper

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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.

Yield 4 servings, **Serving Size** 3 tomato slices, 1 cup watermelon, **Calories** 96,
Total Fat 4 g, **Saturated Fat** 1 g, **Cholesterol** 0 mg, **Sodium** 127 mg, **Total Fiber**
2 g, **Protein** 2 g, **Carbohydrates** 16 g, **Potassium** 390 mg