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)

1/4 teaspoon salt

1/4 teaspoon ground black pepper

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