

Watermelon and Tomato Salad

From the National Heart, Lung, and Blood Institute

<https://healthyeating.nhlbi.nih.gov/recipe/detail.aspx?cid=0&rid=131>

Ingredients

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

Instructions

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

Makes 4 servings

Nutrition information per serving

Calories: 96

Total Fat: 4g

Saturated Fat: 1g

Cholesterol: 0mg

Carbohydrates: 16g

Protein: 2g

Total Fiber: 2g

Potassium: 390mg

Sodium: 127mg