



### **Watermelon Tomato Salad**

Christianna Gozzi MA, MS, RD, Eurest at UHG onsite dining

Cook time: 0 mins      Total time 10 mins

Serves 8

#### **Ingredients:**

¼ cup (60 mL) white balsamic vinegar or white wine vinegar

2 tablespoons (30 mL) freshly chopped basil

2 quarts, cut into 1-inch cubes, watermelon

1 teaspoon (5 mL) kosher salt

1 teaspoon (5 mL) freshly cracked black pepper

4 tomatoes (look for heirloom varieties at the farmer's market)

2 tablespoons (30 mL) canola oil

#### **Instructions:**

1. Combine vinegar, oil, and basil in a bowl, and mix well.
2. Add watermelon to the vinegar mixture and gently toss to coat. Slice the tomatoes into 6 slices each and place on bottom of serving dish. Place watermelon mixture on top and season with salt and pepper.
3. Portion 3 slices of tomato and 1 cup watermelon mixture.

#### **Nutrition:**

Calories: 90

Sugar 11g

Sodium 250mg

Total fat: 4g

Sat/trans fat: 0

Carbs: 14g

Fiber: 1g

Protein: 1g

Cholesterol: 0mg