

Watermelon & Red Onion Salad

Ingredients:

2 cup watercress, large stems removed
1 qt watermelon, seedless, peeled, large dice
1 cup red onion slices, thin
3 tbsp olive oil
3 tbsp raspberry vinegar

Preparation Steps (Estimated Time: 20 min):

1. Rinse and dry watercress
2. Combine watermelon, onion, watercress, oil and vinegar in a large salad bowl.
3. Toss to evenly distribute.
4. Season to taste with salt and pepper.
5. Serve.

Serves 4

Nutritional Information

serving size: 7.0 oz

Calories: 154
Total fat: 11 g
Sodium: 305 mg
Chol: 0 mg
Carbs: 14 g
Protein: 2 g