BODYELITEFIT

WATERMELON AND TOMATO SALAD

NUTRITION PER SERVING:

CALORIES	96
PROTEIN	2 G
CARBOHYDRATE	16 G
TOTAL FAT	4 G

PREP TIME:	20 MINUTES
COOK TIME:	NONE

YIELD:	4 SERVINGS
SERVING SIZE:	3 TOMATO SLICES, 1 C WATERMELON (OR 2 SKEWERS)

2	LARGE TOMATOES, RINSED AND CUT INTO 6 SLICES EACH
2 TBSP	WHITE BALSAMIC VINEGAR (OR SUBSTITUTE APPLE CIDER VINEGAR)
1 TBSP	OLIVE OIL
1 TBSP	FRESH BASIL, RINSED, DRIED, AND CHOPPED (OR 1 TSP DRIED)
4C	DICED WATERMELON, WITH SEEDS REMOVED (ABOUT HALF A SMALL MELON, RINSED)
¼ TSP	SALT
¼ TSP	GROUND BLACK PEPPER

A PERFECT MIXTURE OF TANGY AND SWEET

01 Arrange three tomato slices on each of four salad plates.

02 Combine vinegar, oil, and basil in a bowl, and mix well.

03 Add watermelon, and gently toss to coat evenly.

04 Spoon watermelon over the tomatoes.

05 Top with salt and pepper, and serve.

Substitute three cherry or grape tomatoes and three chunks of watermelon threaded onto a wooden skewer (eight skewers needed). Serving: two skewers.

✔ Children can help mix the salad or thread the skewers.

Copyright 2020, AIR, Inc. All rights reserved.