



Watermelon and Tomato Salad

Servings: 4

Ingredients	Nutrient value per serving Serving Size = 4 (3 slices tomato with 1 cup watermelon or 2 skewers)
<p>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) 4 cup. diced watermelon, with seeds removed (about half a small melon, rinsed) ¼ tsp. salt ¼ tsp. ground black pepper</p>	<p>Exchanges 1 fruit ½ vegetable 1 fat Calories 96 Calories from Fat 35 Total Fat 4g Saturated Fat 1g Cholesterol 0mg Sodium 127mg Carbohydrate 16g Fiber 2g Sugar 6g Protein 2g</p>
Instructions	Notes
<ol style="list-style-type: none"> 1. Arrange three tomato slices on each of four salad plates. 2. Combine vinegar, oil and basil in a bowl. Mix well. 3. Add watermelon into bowl and gently toss to coat evenly. 4. Spoon watermelon over the tomatoes. 5. Top with salt and pepper, and serve. 	<p><i>Note: Substitute three cherry or grape tomatoes and three chunks of watermelon threaded onto a skewer.</i></p> <p>**Originally appeared in "Keep the Beat"/We Can! "Deliciously Healthy Family Meals". Recipes from the "Keep the Beat"/We Can! "Deliciously Healthy Family Meals" cookbook were developed by the the National Heart, Lung and Blood Institute (NHLBI), part of the National Institutes of Health (NIH). Participation by TOPS Club, Inc., does not imply endorsement by the U.S. Department of Health & Human Services or the NIH/NHBLI. All government publications in the public domain and do not have any copyright assigned to them.</p>