Fire and Ice Watermelon Salad

Yield: 4 servings

INGREDIENTS

- 6 cups watermelon, rind removed, cut into large chunks
- 2 green onions, thinly sliced
- 1/3 cup thinly sliced red onion
- 1/3 cup torn mint leaves
- 1 tablespoon red pepper flakes
- 2/3 cup white vinegar
- 3 tablespoons vegetable oil
- 1 tablespoon chili powder

INSTRUCTIONS

1. In a large bowl, combine watermelon, onions, mint and red pepper flakes.
2. In a small bowl, mix vinegar, oil and chili powder.
3. Drizzle vinegar mixture over watermelon mixture and serve.

NOTES

Serving Size: 1 1/2 cup

Nutrition Facts per Serving:
- Calories: 132
- Total fat 7g
- Saturated fat 1g
- Sodium 12g
- Protein 1g

Source: SNAP-Ed Connection