

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