



Watermelon-Tomato Salad

Source: *Cooking with Extension Cookbook* | **Yield:** 6 servings; 100 Calories per serving.
Total fat 5g; Protein 2g; Total carbohydrate 18g; Dietary fat 0g, Sodium 105mg.

INGREDIENTS:

- 5 cups watermelon, $\frac{3}{4}$ inch cubes, seeds removed
- 3 cups cubed tomatoes, $\frac{3}{4}$ inch cubes
- $\frac{1}{4}$ teaspoon salt
- 1 small red onion, quartered and thinly sliced
- $\frac{1}{4}$ cup red wine vinegar
- 2 tablespoons extra virgin olive oil
- 1 teaspoon black pepper
- 6 lettuce leaves

DIRECTIONS:

1. Combine watermelon and tomatoes in large bowl.
2. Sprinkle with salt; toss to coat. Let stand 15 minutes.
3. Stir in onions, vinegar and oil.
4. Cover and chill for 2 hours.
5. Serve chilled on lettuce leaves if desired.
6. Sprinkle with black pepper to taste.