Cucumber Watermelon Salad

The walnuts in this refreshing salad are an excellent source of heart healthy Omega 3 fatty acids.

Serves 6



Ingredients

- 2 tablespoons olive oil
- 2 tablespoons balsamic vinegar
- 2 cucumbers, peeled, seeded and chopped
- 1 seedless watermelon, peeled and cubed
- 2 tablespoons fresh mint, minced
- 3 tablespoons fresh basil, minced
- ½ cup walnuts
- Salt and pepper to taste

Nutrition Facts

Serving Size about 1 cup Servings Per Container 6

| Amount Per Serving | | | |
|---|-----|--|---|
| Calories 140 Calories from Fat 100 | | | |
| % Daily Value* | | | |
| Total Fat 11g | | | 17 % |
| Saturated Fat 1g | | | 5 % |
| Trans Fat 0g | | | |
| Cholesterol Omg | | | 0% |
| Sodium Omg | | | 0% |
| Total Carbohydrate 11g | | | 4% |
| Dietary Fiber 2g | | | 8% |
| Sugars 7g | | | |
| Protein 3g | | | |
| , in the second s | | | |
| Vitamin A 15 | • • | Vitamin (| 20% |
| Calcium 4% | • | Iron 6% | |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: Calories: 2,000 2,500 | | | |
| Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber Calories per grau Fat 9 • 0 | | 65g 20g 300mg 2,400mg 300g 25g € 4 • Prote | 80g 25g 300mg 2,400mg 375g 30g |

Please note: nutritional values are approximate.

Directions

- 1. Whisk together olive oil and vinegar.
- 2. Add remaining ingredients and stir together gently.
- 3. Salt and pepper to taste.

