

WATERMELON SALAD

Gluten Free, Higher Fiber, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 7 (Serving= 1 cup)

Nutrition (per serving)

Calories: 135

Total Fat: 8 g

Saturated Fat: 2 g

Sodium: 128 mg

Total Carbohydrate: 15 g

Dietary Fiber: 5 g

Total Sugars: 12 g

Protein: 3 g



Ingredients

- ½ cup balsamic vinegar
- 6 cups cubed watermelon
- 2 cups raw spinach leaves or other greens
- 1/3 cup diced red onion
- 1/3 cup chopped pecans
- 1/3 cup crumbled blue cheese
- 1 Tablespoon extra-virgin olive oil

Directions

1. In a small saucepan, bring balsamic vinegar to boil. Simmer for 15 minutes or until thickened.
2. In a large bowl, combine rest of ingredients. Pour vinegar over salad and toss gently to coat.
3. Serve as side dish or add diced grilled chicken to make it a meal!



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