

Watermelon & Tomato Salad

Author: Inspired by a recipe in Saveur Magazine, Sept. 08 issue

Carolyn T's
Internet
Cookbook

Servings: 8



Notes: The proportions are loose - if you have more watermelon and less tomatoes, no problem. Not enough Feta? Just add what you have. The salad is extremely forgiving.

Description: A lovely summer salad that's really tasty.

1. Combine in a small bowl the champagne vinegar, sugar and cayenne, then add the sliced red onions. Allow to sit for 30 minutes (to soften the sharp onion taste).
2. Meanwhile, cut up all the watermelon and tomatoes. Combine in a large bowl.
3. Add the crumbled Feta cheese and the onions (with any vinegar that's still remaining in the bowl). Sprinkle with the fresh mint, then drizzle the basil oil (or olive oil) over the top. Toss well to combine. Serve within about 30 minutes, or refrigerate no longer than an hour.

6 cups watermelon, cut in 1-inch cubes
3 cups tomatoes, sliced in bite-sized pieces
1/4 cup Feta cheese, crumbled, or ricotta salata
2 tablespoons Champagne wine vinegar, or white wine vinegar
1 1/2 tablespoons sugar, or Splenda
2 pinches cayenne
1/4 whole red onion, thinly sliced
2 tablespoons basil oil, or extra virgin olive oil
freshly ground black pepper
1 cup fresh mint, minced, or basil

Serving Ideas: Goes especially well with a grilled meat dinner.

Blog: Carolyn T's Blog:

<http://tastingspoons.com>

Per Serving (excluding unknown items): 110 Calories; 5g Fat (39.4% calories from fat); 2g Protein; 16g Carbohydrate; 2g Dietary Fiber; 4mg Cholesterol; 64mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; 1/2 Fruit; 1 Fat; 0 Other Carbohydrates.

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