

Watermelon, Tomato and Baby Kale or Arugula Salad

If you love fresh summer watermelon, you will love this recipe. The sweetness of the watermelon is offset with the acid in the tomato and onion and the heat in the cayenne pepper. Just a little cayenne pepper goes a long way, giving you a gentle hint of the pepper flavor. It is important to use only baby kale or baby arugula for this salad. The grown up version will be too tough. This is perfect for a picnic. To keep it fresh, don't make it too far ahead before serving. Like most salads, wait until serving before drizzling the vinaigrette over the greens and topping with the fresh goat cheese.

3	Tablespoons	olive oil	½	small	red onion, sliced
1 ½	Tablespoon	White Balsamic Vinegar	1	handful	basil leaves, torn
½	teaspoon	kosher salt	4	ounces	baby kale or arugula leaves
⅛	teaspoon	cayenne pepper	2	ounces	fresh goat cheese, crumbled
4	cups	watermelon, cut into 1" cubes			
1 ½	cups	grape tomatoes, sliced in ½ lengthwise			

- 1 Make the vinaigrette by combining the olive oil, white balsamic vinegar, salt and cayenne pepper in a small bowl, dressing container or jar. If you are taking this to a picnic, choose a recycled covered jar that you can leave behind.
- 2 Spread the watermelon, sliced tomatoes, sliced onion and basil on a large serving platter. Top with the baby kale or arugula.
- 3 When it is time to serve, push the greens down to mix with the watermelon slightly, drizzle with the vinaigrette.
- 4 Crumble cold goat cheese over the top or leave on the side. DO NOT TOSS the goat cheese into the salad or it will become milky.

Servings: 4

Preparation Time: 10 minutes

Total Time: 10 minutes

Nutrition Facts

Nutrition (per serving): 205 calories, 121 calories from fat, 13.8g total fat, 6.5mg cholesterol, 303.8mg sodium, 419.8mg potassium, 18g carbohydrates, 2g fiber, 11g sugar, 5.1g protein.

Source

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Source: Inspired by Redbook Magazine, July 2013

