

Juicy Watermelon Salad

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Servings: 10

Preparation Time: 20 minutes

To toast the nuts: Spread the nuts in a baking pan. Bake at 350 degrees for five to ten minutes or until lightly browned, stirring occasionally.

8 cups (1 medium) cubed seedless watermelon

1 small red onion, cut into rings

1 cup coarsely chopped macadamia nuts OR slivered almonds, toasted

1 cup fresh arugula or baby spinach

1/3 cup balsamic vinaigrette

3 tablespoons canola oil

watermelon slices (optional)

1 cup (4 oz) crumbled blue cheese

In a large bowl, combine the watermelon and onion. Cover and refrigerate until cold, about 30 minutes.

Just before serving, add the macadamia nuts and arugula to the watermelon mixture.

In a small bowl, whisk the vinaigrette and oil. Drizzle over the salad and toss to coat.

If desired, serve over sliced watermelon.

Sprinkle with cheese.

Per Serving (excluding unknown items): 90 Calories; 8g Fat (79.0% calories from fat); 3g Protein; 2g Carbohydrate; trace Dietary Fiber; 10mg Cholesterol; 189mg Sodium. Exchanges: 1/2 Lean Meat; 0 Vegetable; 1 1/2 Fat.