

# Fire and Ice Watermelon Salad

Serving Size: 1½ cup

Yield: 4 servings

## Ingredients:

6 cups watermelon, rind removed, cut into large chunks

2 green onions, thinly sliced

½ cup thinly sliced red onion

½ cup torn mint leaves

1 tablespoon red pepper flakes

¾ cup white vinegar

3 tablespoons vegetable oil

1 tablespoon chili powder

## Preparation:

1. In a large bowl, combine watermelon, onions, mint, and red pepper flakes.
2. In a small bowl, mix vinegar, oil, and chili powder.
3. Drizzle vinegar mixture over watermelon mixture and serve.

## Food Group Amounts:

Color	Food Group	Amount
Orange	Grains	--
Green	Vegetables	¼ c
Red	Fruits	1½ c
Blue	Dairy	--
Purple	Protein	--

## Nutrient Totals

### Per Serving:

Calories	132
Total Fat	7 g
Saturated Fat	1
Sodium	12 g
Protein	1 g