



cucumber & watermelon *Salad*



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Serves 4

Ingredients

5 lbs. seedless or regular watermelon
2 cups (500 g) Paysanne cucumbers, thinly sliced
½ cup (125 g) red onion, slivered
1/3 cup (170 ml) cider vinegar
3 tbsp. (45 g) fresh basil leaves
2 tbsp. (30 g) sugar
Fresh basil sprigs
Salt and pepper to taste

Method

1. Cut watermelon into cubes to make 6 cups.
2. In a shallow bowl, gently mix watermelon pieces with cucumber, onion, vinegar, basil leaves and sugar.
3. Garnish with basil sprigs. Season to taste with salt and pepper.

Flavor Note

Cucumber water is a great pairing for this refreshing salad. To maximize all parts of the Paysanne cucumber, add left over ends of cucumbers or slices into a pitcher of ice water. This makes for a thirst quenching beverage.

Nutritional Facts per serving (273 g): Calories 80

Fat 0.4 g (1 %), Saturated Fat 0 g + Trans Fat 0 g (0 %), Cholesterol 0 mg, Sodium 55 mg (2 %), Carbohydrate 20 g (7 %), Fiber 1 g (4%), Sugars 16 g, Protein 2 g, Vit A (15 %), Vit C (30 %), Calcium (2 %), Iron (6 %).

% = % Daily Value



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