

A top-down view of a fresh salad in a yellow bowl. The salad consists of large, juicy watermelon cubes, sliced cherry tomatoes, and sliced cucumbers. The ingredients are arranged in a circular pattern within the bowl. Surrounding the bowl are several fresh mint leaves and a few whole cherry tomatoes, some of which are sliced to show their internal structure. The background is a light-colored, possibly marble, surface. A white banner with red text is overlaid across the center of the image.

TOMATO & WATERMELON SALAD

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by Noelle **Martin, RD**



Prep time: 5 Minutes

Cook time: N/A

Servings: 4 People

INGREDIENTS:

2 cups NatureFresh™ TOMZ® Red Cherry Tomatoes, halved

2 cups NatureFresh™ Long English Cucumbers, diced

2 cups watermelon chunks

1 tbsp olive oil

1 tbsp balsamic vinegar

Fresh mint leaves

DIRECTIONS:

Wash all vegetables before cutting.

Cut your TOMZ® Red Cherry Tomatoes in half, dice your Long English Cucumbers, and slice your watermelon into bite-sized chunks.

Mix your cut-up produce into a bowl and drizzle with olive oil and balsamic vinegar. Stir.

Chop the fresh mint leaves into small pieces and garnish your salad.

Enjoy this simple, tasty salad with your family!

CHEF'S TIP:

Switch up the garnish to add a different flavor to the salad – instead of mint, try fresh basil leaves!

For recipe ideas visit naturefresh.ca

Check out Noelle on instagram: [@motherhoodandmeals](https://www.instagram.com/motherhoodandmeals)