

# Tomato & WATERMELON SALAD

by  
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Noelle is a dietitian and mom of three boys. She has a passion for educating, inspiring, and supporting others to make the healthiest choices possible with the resources available. Noelle has a blog ([mealsformeandmyinis.wordpress.com](http://mealsformeandmyinis.wordpress.com)) where she shares recipes, nutrition tips, and snapshots of her journey through motherhood.

Noelle also has a private practice ([www.rdservices.ca](http://www.rdservices.ca)) and teaches courses at a Brescia University College in Ontario, Canada.



## 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!

## Nutrition Facts

Serving Size (309g)		Servings Per Container	
Amount Per Serving			
<b>Calories</b> 90	Calories from Fat 35		
% Daily Value*			
<b>Total Fat</b> 4g	6%		
Saturated Fat 0.5g	3%		
Trans Fat 0g			
<b>Cholesterol</b> 0mg	0%		
<b>Sodium</b> 0mg	0%		
<b>Total Carbohydrate</b> 14g	5%		
Dietary Fiber 3g	12%		
Sugars 11g			
<b>Protein</b> 3g			
Vitamin A 25%	• Vitamin C 45%		
Calcium 4%	• Iron 6%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	• Carbohydrate 4	• Protein 4



**Prep time:** 15 Minutes  
**Cook time:** 15 Minutes  
**Serves:** 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

## 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](http://naturefresh.ca)

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