

## Watermelon Onion Salad

### Ingredients:

6 cups watermelon, cut into 1" cubes  
 2 green onions  
 1/3 cup red onion  
 1/3 cup mint leaves  
 1 tablespoon red pepper flakes  
 2/3 cup white vinegar  
 2 tablespoons vegetable oil  
 1 tablespoon chili powder

### Equipment:

Cutting board  
 Knife  
 Measuring cups  
 Measuring spoons  
 Large salad bowl  
 Mixing spoon

Number of Servings: 4  
 Prep Time: 20 minutes  
 Total Time: 20 minutes

### Directions

1. Cut watermelon in slices, then in cubes. Remove seeds and add to large bowl.
2. Cut ends and top off of green onions and chop into small pieces, and add to bowl.
3. Cut the ends off of the onion, and peel off the brown layers. Run under water to remove any dirt. Cut the onion in half lengthwise, and place the flat side on the cutting board. Slice across the onion, from one side to the other, then lay the slices on their side, and slice from the widest side to the smallest, across the onion. Cut into slices then into pieces to get 1/3 cup. Add to bowl.
4. Wash and cut mint leaves into small pieces, add to bowl.
5. In separate bowl, add red pepper flakes, vinegar, vegetable oil, and chili powder. Stir well.
6. Pour over watermelon mixture, mix well and serve.

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| Nutrition Facts               |                      |
|-------------------------------|----------------------|
| Serving Size: 3/4 cup         |                      |
| Servings: 4                   |                      |
| Amount Per Serving            |                      |
| <b>Calories 157</b>           | Calories from Fat 72 |
| %Daily Value*                 |                      |
| <b>Total Fat 8g</b>           | <b>12%</b>           |
| Saturated Fat 1g              | 5%                   |
| <b>Cholesterol 0mg</b>        | <b>0%</b>            |
| <b>Sodium 28mg</b>            | <b>1%</b>            |
| <b>Potassium 423mg</b>        | <b>12%</b>           |
| <b>Total Carbohydrate 22g</b> | <b>7%</b>            |
| Dietary Fiber 3g              | 12%                  |
| <b>Protein 2g</b>             | <b>4%</b>            |
| Vitamin A 38%                 | Vitamin C 48%        |
| Iron 11%                      | Calcium 5%           |

\*Percent Daily Values are based on a 2,000 calorie diet.

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