

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	
Calories 157	Calories from Fat 72
%Daily Value*	
Total Fat 8g	12%
Saturated Fat 1g	5%
Cholesterol 0mg	0%
Sodium 28mg	1%
Potassium 423mg	12%
Total Carbohydrate 22g	7%
Dietary Fiber 3g	12%
Protein 2g	4%
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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