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

**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.

**Nutrition Facts**
- Serving Size: 3/4 cup
- Servings: 4
- Calories: 157
- Calories from Fat: 72
- Total Fat: 6g
- Saturated Fat: 1g
- Cholesterol: 0mg
- Sodium: 28mg
- Potassium: 423mg
- Total Carbohydrate: 22g
- Dietary Fiber: 3g
- Protein: 2g
- Vitamin A: 38%
- Vitamin C: 48%
- Iron: 11%
- Calcium: 5%

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