

# Juicy Watermelon Salad

TOTAL TIME: Prep: 20 min. + chilling  
MAKES: 10 servings

**Ingredients**

- 8 cups cubed seedless watermelon (about 1 medium)
- 1 small red onion, cut into rings
- 1 cup coarsely chopped macadamia nuts or slivered almonds, toasted
- 1 cup fresh arugula or baby spinach
- 1/3 cup balsamic vinaigrette
- 3 tablespoons canola oil
- Watermelon slices, optional
- 1 cup (4 ounces) crumbled blue cheese

**Nutritional Facts**

1 cup equals 232 calories, 20 g fat (5 g saturated fat), 10 mg cholesterol, 295 mg sodium, 15 g carbohydrate, 2 g fiber, 4 g protein.

**Directions**

1. In a large bowl, combine watermelon and onion; cover and refrigerate until cold, about 30 minutes. Just before serving, add macadamia nuts and arugula to watermelon mixture. In a small bowl, whisk vinaigrette and oil; drizzle over salad and toss to coat. Serve over sliced watermelon, if desired. Sprinkle with cheese.

Yield: 10 servings.

*Editor's Note:* To toast nuts, spread in a 15x10x1-in. baking pan. Bake at 350° for 5-10 minutes or until lightly browned, stirring occasionally. Or, spread in a dry nonstick skillet and heat over low heat until lightly browned, stirring occasionally.

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