

HEIRLOOM TOMATO AND MELON SALAD



Serves 6 to 8

Use any ripe heirloom tomatoes in this scrumptious summer salad, but we especially love varieties like Evergreen for a nice color contrast to the red and orange melon. A single hot chili pepper in the dressing delivers a nice kick without overwhelming the other flavors; feel free to use more or less. Serve with grilled fish or alongside other picnic favorites.

Ingredients:

- Zest and juice of 1 lemon
- 1 hot chile pepper, such as serrano, seeded and minced
- 1/8 teaspoon fine sea salt
- 3 cups diced seedless watermelon
- 3 cups diced cantaloupe
- 1 pound green-striped, yellow or other heirloom tomatoes, chopped
- ¼ cup chopped basil leaves

Method:

In a large bowl, whisk together lemon zest and juice, chile and salt. Add watermelon, cantaloupe and tomatoes, and toss. Let sit at least 10 minutes to allow flavors to blend; serve at room temperature or chilled.

Nutritional Info:

Per Serving: 60 calories (5 from fat), 55mg sodium, 14g carbohydrates, (2 g dietary fiber, 11g sugar), 2g protein.