Watermelon Tomato Salad

**Directions:** Combine watermelon and tomatoes in a large bowl. Sprinkle with salt; toss to coat. Let stand 15 minutes. Stir in onion, vinegar, and oil. Cover and chill 2 hours. Serve chilled on lettuce leaves, if desired.

**Sprinkle** with cracked black pepper to taste.

**Yield:** Makes 6, 1½ cup servings

**Nutritional Analysis:** 100 calories, 5 g fat, 2 g protein, 18 g carbohydrate, 0 mg cholesterol, 105 mg sodium.

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**5 cups** seeded watermelon cubes (¼ inch)

**1/4 cup** red wine vinegar

**3 cups** of cubed tomatoes (¼ inch)

**2 tablespoons** extra virgin olive oil

**1/4 teaspoon** salt

**1 teaspoon** black pepper

**1 small red onion,** quartered and thinly sliced

**2 tablespoons** extra virgin olive oil

**1 teaspoon** black pepper

**6 lettuce leaves**

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Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers’ market, or roadside stand.