

WATERMELON, ARUGULA AND TOASTED PINENUT SALAD

Recipe

By Pamela M. Smith, R.D

**1 Tbsp. fresh lemon juice
1 Tbsp. white balsamic vinegar
1/2 tsp. kosher salt, or to taste
1 Tbsp. extra-virgin olive oil
3 cups cubed (1/2 to 3/4 inch) seeded watermelon, drained
(from a 2 1/2-lb piece, rind discarded)
1/2 small red onion, thinly sliced
6 cups baby arugula (6 oz) - may substitute baby spinach leaves
1/4 cup pinenuts (1 oz), toasted in a hot dry skillet
1/3 cup crumbled feta or goat cheese (1 1/2 oz)
Coarsely ground black pepper, to taste**

Whisk together lemon juice, vinegar, and salt and pepper in a large bowl, then add oil in a slow stream, whisking until emulsified. Add drained watermelon, red onion, arugula, and toasted pinenuts; toss to coat, then sprinkle with cheese, pepper, and additional kosher salt to taste.

Makes 4 first-course servings, each providing 157 calories, 9 grams fat (only 2 grams saturated), 11 mg cholesterol, 437 mg sodium, 12 grams carbohydrate, 2 grams fiber, 5 grams protein

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