

Watermelon Water

★★★★★ 5 from 1 reviews

Prep Time: 5 minutes **Cook Time: 0 minutes** **Yield: 12 cup** 3x

Watermelon water is seriously refreshing, with a taste of pure melon! Similar to an agua fresca, it's a simple blend of water and fruit.

Ingredients

1x2x3x

- 12 cup cubed seedless watermelon
- 3 to 6 tablespoons sugar (to taste, or maple syrup or honey)
- 1 1/2 tablespoon lime juice
- 6 cup ice

Cook Mode Prevent your screen from going dark

Instructions

1. Chop the watermelon. Add all ingredients to a blender and blend until smooth. Taste and adjust sugar if desired (2 tablespoons is medium sweet). Serve over ice.

Find it online: <https://www.acouplecooks.com/watermelon-water/>

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Watermelon Salsa



Amanda Keefer

Watermelon is refreshing, healthy, hydrating and absolutely perfect in this simple Watermelon Salsa recipe. Make an extra batch and snack on it all week!



PREP TIME

10 mins

TOTAL TIME

10 mins



COURSE

Appetizer, Appetizers,
Dairy Free, Side Dish

CUISINE

tex-mex



SERVINGS

8

CALORIES

23 kcal

INGREDIENTS

- 2 cups diced watermelon
- 1 cup cherry tomatoes quartered
- 1/4 small sweet onion chopped
- 2 tablespoons chopped basil
- 1 teaspoon olive oil
- 1 teaspoon balsamic vinegar
- 1/8 teaspoon salt

INSTRUCTIONS

1. Mix watermelon, tomatoes, onion, basil, oil, balsamic vinegar and salt in large bowl. Cover and refrigerate before serving.

NUTRITION

Calories: 23kcal

Saturated Fat: 1g

Potassium: 98mg

Vitamin C: 8mg

Carbohydrates: 5g

Polyunsaturated Fat: 1g

Fiber: 1g

Calcium: 8mg

Protein: 1g

Monounsaturated Fat: 1g

Sugar: 3g

Iron: 1mg

Fat: 1g

Sodium: 40mg

Vitamin A: 334IU



Easy Tomato Salad

Author: Cookie and Kate Prep Time: 20 minutes Total Time: 20 minutes Yield: 4 servings 1x

Category: Salad Method: By hand Cuisine: Mediterranean Diet: Vegan

★★★★★ 4.8 from 13 reviews

Extra tomatoes? Make this simple tomato salad recipe! It's delicious, versatile and easy to make. This recipe features ripe tomatoes, fresh basil, soaked red onion, balsamic vinegar and olive oil. Recipe yields 4 to 6 side salads using 1 3/4 pound tomatoes; you can cut the recipe in half by using either the cherry tomatoes or the pound of regular tomatoes.



SCALE 1x 2x 3x

INGREDIENTS

Tomato Salad

- 1/2 cup chopped red onion (about 1/2 small red onion)
- 1 pint (12 ounces or 2 cups) cherry tomatoes, halved
- 1 pound additional tomatoes (about 1 large, 2 medium or 3 small), cut into bite-sized wedges
- 1/4 cup thinly sliced fresh basil and/or small basil leaves (or substitute parsley, dill and/or chives)
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons thick balsamic vinegar* or balsamic glaze
- 1/2 teaspoon flaky sea salt or kosher salt, to taste
- Freshly ground black pepper, to taste

Optional Additions

- 1/2 English cucumber or 1 Persian cucumber, thinly sliced
- 1 torn mozzarella ball or around 1 cup mini mozzarella balls or cubed part-skim mozzarella
- 1 ripe avocado, sliced or diced
- Handful of baby arugula