

Watermelon Surprise



6 cups watermelon; cubed, seeded, peeled
1/2 small red onion; cut in thin half moon slices
1/3 cup apple cider vinegar
2-3 tablespoons mint leaves; chopped
1/2 teaspoon freshly ground pepper

Chill melon before preparing, especially if it is very ripe. Combine all ingredients gently.

Yield: 6 servings
Per Serving: Calories 57;
Fat 0.7 gm;
Saturated Fat 0.1 gm;
Cholesterol 0 mg;
Sodium 4 mg;
Carbohydrate 13 gm;
Dietary fiber 1 gm;
Sugars 15 gm;
Protein 1 gm;
Vitamin A 60 RE;
Vitamin C 16 mg;
Calcium 18 mg;
Iron 0.5 mg.