

**Boston Medical Center  
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263  
Food Demonstration Kitchen: (617) 414-3840 or [www.bmc.org](http://www.bmc.org)



**Watermelon, Blueberry and Walnut Salad**

**Makes 6 servings**

**This light, refreshing summer salad goes great with any barbeque!**

**Ingredients:**

- 1 cup walnuts, chopped
- 2 tablespoons lime juice
- 1 tablespoon honey
- 3 cups seedless watermelon, cubed
- 1 cup fresh blueberries
- 2 tablespoons chopped fresh mint

**Directions:**

1. Preheat oven to 350°F and spread walnuts in one layer on baking sheet. Bake until just toasted and aromatic, about 8 minutes; remove and let cool.
2. To prepare vinaigrette, in a small bowl, whisk together lime juice and honey
3. For the salad, in a medium bowl, combine watermelon, blueberries, and walnuts. Toss with dressing. Chill 2 hours.
4. Garnish with mint. Serve.

**Nutritional Information per 1 cup serving:**

Calories: 185	Carbohydrates: 18g
Total Fat: 13g	Cholesterol: 0mg
Saturated Fat: g	Dietary Fiber: 3g
Sodium: 4mg	Protein: 4g