Watermelon, Blueberry and Walnut Salad
Makes 6 servings
This light, refreshing summer salad goes great with any barbecue!

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.

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