

WATERMELON, STRAWBERRY AND TOMATO SALAD



market and enjoy!

Serve up a big bowl of summer with an unusual take on fruit salad. It's not often that you see raw tomatoes in a dessert, but give it a try: the flavor contrast is actually nice with the sweetness of the watermelon and strawberries. Just make sure you're using fresh tomatoes that haven't been refrigerated: mealy, tasteless tomatoes really *would* be gross (in anything, not just this).

The dressing calls for avocado oil or light olive oil – that's just a flavor tweak. Most people don't really want a strong olive oil taste for the dressing in a fruit salad. Avocado oil has almost no flavor of its own, so it's a very neutral taste. And "light" olive oil only has a very slight olive flavor (the "light" refers to the flavor only, not fat or calories: "light" olive oil has just as much fat and just as many calories as any other kind of olive oil, which is great since it's all good fat and not something to be scared of).

This salad would be an easy dessert for the summer months, especially when the tomatoes and the watermelon are both in season. Get them fresh from the [farmers](#)

Watermelon, Strawberry And Tomato Salad Recipe

 **SERVES: 4**  **PREP: 15 min.**

Protein: 3g / 9%

Carbs: 18g / 56%

Fat: 5g / 35%

Ingredients

3 cups watermelon, seeded and chopped
10 strawberries, chopped
2 cups tomatoes, chopped
6 fresh mint leaves, minced

4 tbsp avocado or light olive oil
2 tbsp. balsamic vinegar
Sea salt and freshly ground black pepper

Preparation

In a small bowl, combine the avocado or olive oil, balsamic vinegar, and salt and pepper to taste.

In a large bowl, combine the watermelon, strawberries, and tomatoes. Toss gently.

Drizzle the balsamic vinaigrette on top of the salad.

Top the salad with fresh mint, give it one final toss and serve.

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