

WATERMELON SEED SALAD

Watermelon cut into pieces:

- 1-15oz. can black beans
- 1 - large cucumber, scored, slightly peeled
and sliced about 1/8 inch and then in half
- 1/2 cup of sliced red onions
- 3 tbsp of thinly sliced mint and basil

Marinade for the drained and rinsed beans:

- 2 large cloves of garlic, pressed
- 1/3 cup balsamic vinegar
- 2 tbsp sugar
- salt and pepper to taste
- 2 tbsp canola or veg oil (NOT olive oil)

METHOD

Marinate the beans for up to a week. Less is fine.
Assemble no more than 3 hours before serving.

Layer as follows:

Melon	Beans
Cucumber	Repeat
Onions	Repeat
Mint and basil	

Sprinkle remaining dressing over all. There are
three repetitions of the layers.

***Esther Skinner Emmel*