

WATERMELON



Watermelon Caprese

INGREDIENTS

- ¼ watermelon, sliced in triangles
- ¼ cup mint leaves, sliced finely (about ½-1 store pack of basil)
- 1-pint pack of fresh mozzarella balls, ciliegine size (about ¾" diameter), drained
- ½ cup Olive oil
- 2-4 Tablespoons Balsamic vinegar
- Salt and pepper

PEAK SEASON

August–October

DIRECTIONS

- 1** Pick the leaves from the mint and discard the stems. Stack 5-10 leaves together at a time, and roll up tightly. Slice finely across the roll, making tiny ribbons of mint.
- 2** Lay out watermelon on a plate. Sprinkle mint leaves atop the watermelon slices.
- 3** Combine olive oil, balsamic vinegar and salt in pepper in a bowl.
- 4** Drizzle each portion slice of watermelon with the olive oil, balsamic vinegar, and ample salt and pepper combination.

*Nutrition tip:
Mint helps ease digestion! Watermelon contains lycopene, an antioxidant that helps protect against cancer. Serve this as a healthy summertime dessert!*

*Recipe provided by
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