



Watermelon Salsa

INGREDIENTS

- 2 cups watermelon
- $\frac{3}{4}$ cup sweet onion, finely chopped
- $\frac{3}{4}$ cup canned black beans,
- 1 jalapeno pepper, seeded and chopped
- $\frac{1}{4}$ cup fresh cilantro,
- 2 teaspoons brown sugar
- 1 garlic clove, minced
- $\frac{1}{2}$ teaspoon salt
- Tortilla chips for serving

DIRECTIONS

1. Add ingredients to a bowl and refrigerate for at least 1 hour. Drain, if necessary, before serving. Serve with chips

Note: Any type of hot pepper can be subbed or can use sweet pepper. To reduce the heat, remove all seeds and membrane.



Mediterranean Summer Salad

INGREDIENTS

- 1 (15-ounce) can garbanzo beans, drained and rinsed
- 1 small cucumber, diced (about 1 cup)
- 1 cup cherry tomatoes, halved
- 1/2 cup Kalamata olives, pitted and chopped
- 2-3 tablespoons olive oil
EVOO is an important nutrient found in plant foods called polyphenols. Powerful antioxidants that are good for heart and circulation.
- 1 tablespoon red wine vinegar or fresh lemon juice
- Basil
- Salt/pepper
- Optional: 1/4-1/2 cup feta or mozzarella balls

DIRECTIONS

1. Add ingredients to a bowl and stir.
2. Refrigerate for 1-24 hours to allow flavors to blend before serving.

Notes: This salad keeps well up to four days in the refrigerator, perfect for packed lunches throughout the week. No garbanzo beans? Try cooked, shredded chicken or tuna as a protein option.