

Integrative Health Institute

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Watermelon Jalapeno Salad

Created By: Graham's Cottage Kitchen

Ingredients:

- 4 cups of diced watermelon (seeds removed)
- 1 large Cucumber peeled, seeded, and diced
- 1 jalapeno seeded and minced
- 2 Tbsp rice vinegar
- Juice of one lime
- Salt to taste
- Garnish with cilantro (optional)

Directions:

In a large bowl combine watermelon, cucumber, and jalapeno. In a small dish mix vinegar, lime juice and salt. Add dressing to salad, toss well, and serve.

Special Notes: