

Monica's Summer Salad

Ingredients:

2 cups mixed greens
2 cups watermelon chunks
3 nectarines
3 tomatoes
 $\frac{1}{4}$ cup roasted sunflower seeds

Vinaigrette:

2 teaspoons freshly squeezed lemon juice
2 teaspoons red or white wine vinegar
2 tablespoons lemon olive oil
2 teaspoons chopped fresh tarragon
Salt and pepper

Directions:

Cut fruit and vegetables in chunks and put in separate bowls
Spread salad mix on wide serving plate.
Mix ingredients to the vinaigrette.
Spread fruit and veggies on top of the salad mix
Pour vinaigrette over salad, fruit and veggies.
Sprinkle with sunflower seeds.

How to vary this recipe

Change out or add ingredients depending on what is in season or to your liking. Some suggestions:

- Peaches, blueberries, strawberries and/or raspberries instead of nectarines.
- Baby spinach, baby arugula or other mixes of greens
- Pine nuts or walnuts instead of sunflower seeds.
- Basil or other herbs instead of Tarragon.
- Add feta, blue or parmesan cheese
- Rice or apple vinegar instead of wine vinegar
- Regular or spicy olive oil instead of lemon olive oil.