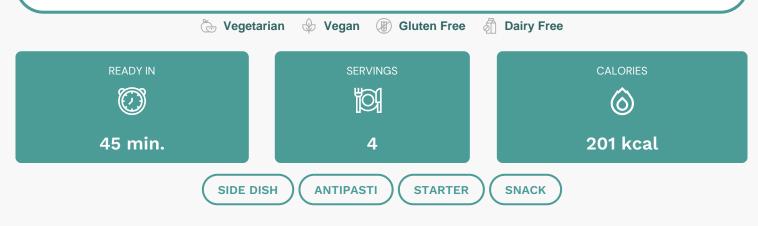


Tomato and Watermelon Salad



Ingredients

3 tablespoons aged balsamic vinegar
0.3 teaspoon coriander seeds
1 small cucumber english peeled seeded cut into 3/4-inch cubes
3 tablespoons olive oil extra virgin
1 tablespoon herbs: rosemary mixed fresh chopped
1 haas avocados pitted peeled halved cut into 3/4-inch cubes
4 servings pepper black freshly ground
1 cup seeded/seedless watermelon red yellow seedless

Equipment		
bowl		
whisk		
Directions		
In a bowl, combine the tomatoes, cucumber, watermelon, avocado, and herbs. In a spice grinder, grind the coriander seeds to a fine powder.		
Add the ground coriander to the tomato mixture and toss gently.		
In a small bowl, whisk together the olive oil, balsamic vinegar, and salt and pepper to taste.		
Pour over the tomato mixture and toss to coat evenly. Taste and adjust the seasoning before serving.		
To Drink		
If you asked a group of sommeliers which white-wine variety they most often recommend to guests in their restaurants, the majority would answer Riesling, one of the world's greatest wine grapes. Rieslings can vary in style, but all are delicate, acidic, and fruity (often tasting of apricot and peach). Look for a California German-style Riesling that is dry, light, and slightly sweet for serving with this salad, such as the Navarro from Anderson Valley or an Esterlina from Mendocino.		
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Nutrition Facts		
PROTEIN 3.02% FAT 77.43% CARBS 19.55%		
Properties		

Glycemic Index:60.92, Glycemic Load:3.53, Inflammation Score:-5, Nutrition Score:7.6943478325139%

Flavonoids

Equipment

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Apigenin: 2.16mg, Apigenin: 2.16mg,

Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.2mg, Luteolin: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg

Nutrients (% of daily need)

Calories: 200.9kcal (10.05%), Fat: 18.04g (27.75%), Saturated Fat: 2.53g (15.84%), Carbohydrates: 10.25g (3.42%), Net Carbohydrates: 6.34g (2.31%), Sugar: 5.04g (5.6%), Cholesterol: Omg (0%), Sodium: 8.28mg (0.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.58g (3.17%), Vitamin K: 36.32µg (34.59%), Vitamin E: 2.59mg (17.28%), Fiber: 3.91g (15.62%), Vitamin C: 10.72mg (13%), Folate: 48.91µg (12.23%), Potassium: 361.99mg (10.34%), Vitamin B5: 0.88mg (8.82%), Vitamin B6: 0.17mg (8.38%), Vitamin A: 402.81lU (8.06%), Manganese: 0.15mg (7.35%), Copper: 0.15mg (7.33%), Magnesium: 25.64mg (6.41%), Vitamin B2: 0.08mg (4.98%), Vitamin B3: 0.97mg (4.87%), Phosphorus: 42.13mg (4.21%), Vitamin B1: 0.06mg (3.98%), Iron: 0.69mg (3.84%), Zinc: 0.45mg (3.03%), Calcium: 20.27mg (2.03%)