
Watermelon and Nectarine Salad with Mint

Adapted from Food & Wine, Aug 2016



Servings: 6

1. In a small bowl, whisk the rice vinegar and shallot; let stand for 5 minutes. Whisk in the oil, sesame seeds and fish sauce.

2. In a large serving bowl, toss the watermelon with the nectarines, mint and pea shoots, if using. Add the dressing and toss well. Taste for seasonings (it shouldn't need salt as the rice wine vinegar and the fish sauce both contain a significant amount of sodium). Serve right away as it gets soggy once it sits for awhile.

- 3 tablespoons unseasoned rice wine vinegar
- 2 tablespoons minced shallot
- 2 tablespoons canola oil, or olive oil
- 2 tablespoons toasted sesame seeds
- 1 tablespoon Asian fish sauce
- 1 1/2 pounds watermelon, seedless, peeled and cut into 3/4-inch pieces
- 2 medium nectarines, seeded and sliced
- 2/3 cup mint leaves, coarsely chopped
- 1 cup pea shoots, torn (1 ounce) optional
- Kosher salt

Per Serving (excluding unknown items): 123 Calories; 6g Fat (44.9% calories from fat); 2g Protein; 16g Carbohydrate; 3g Dietary Fiber; 3mg Cholesterol; 211mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 1 Fat.

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