

NOURISH

holistic health & nutrition

Grilled Watermelon Caprese Salad.

Serves 4: Prep + Cook Time: 10 minutes

Ingredients:

- 2 large, round watermelon slices, each cut into 4 triangles
- 2 tablespoons extra-virgin, organic olive oil
- 1/2 teaspoon sea salt
- 1/2 teaspoon pepper
- 2 tablespoons raw honey
- 1 pint of organic grape tomatoes, quartered
- 4 ounces of fresh mozzarella, cut in half or sliced
- a bunch of fresh basil leaves
- balsamic vinegrette for drizzling

Instructions:

1. Preheat your grill to medium heat.
2. Brush both sides of each watermelon triangle with olive oil and season all sides with salt and pepper.
3. Add a drizzle of honey over each triangle and place them on the grill, grilling each side for about 2 minutes. Remove and add a little more honey if desired.
4. Assemble salads by chopping the watermelon into pieces, put them into the bowl, then cover with a sprinkle of tomatoes, mozzarella and basil leaves. Add some salt and pepper on top, then drizzle with balsamic vinegar. Enjoy!