

PREPARATION: 15 MINUTES

4 SERVINGS

FIRST SALAD OF SPRING

A refreshing side dish for our hamburger recipe or your favourite barbecue meats.



INGREDIENTS

1 tablespoon olive oil

2 teaspoons apple cidre vinegar

1 cup of red radish, sliced

1 cup cucumber, sliced

½ cup watermelon, cubed or scooped into balls

1 tablespoon jalapeno pepper, seeds removed
and cut into tiny pieces (optional)

black pepper to taste

PREPARATION

- 1** In a small bowl, combine olive oil and vinegar for the dressing. Set aside.
- 2** In a large bowl, combine the ingredients for the salad: radish, cucumber, watermelon and jalapeno peppers.
- 3** Pour the dressing over the salad and add some pepper to taste.

Nutrient Analysis

PER SERVING:

¼ of recipe

RENAL EXCHANGE:

1 Vegetable

Calories	47Kcal
Protein	1g
Carbohydrates	4g
Fibre	0.8g
Total Fat	3g
Saturated Fat	0.5g
Cholesterol	0mg
Sodium	13mg
Potassium	146mg
Phosphorus	16mg