



Grilled Watermelon Salad with Prosciutto

8 Servings • 1 Serving = 2 Wedges

Recipe developed by Connie Guttersen, RD,
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INGREDIENTS

- 2 pounds watermelon, peeled and cut into 8 wedges, about 1" thick
- Salt and pepper, to taste
- 1 Tablespoon extra virgin olive oil
- 1 Tablespoon balsamic vinegar
- 3 cups arugula
- 1 ounce prosciutto, shaved, cut into ¼" strips
- ¼ cup parmesan cheese, shaved
- 2 Tablespoons toasted almonds, sliced
- Salt and pepper, to taste

DIRECTIONS

1. Preheat a hot grill.
2. Season the watermelon with salt and pepper. Grill over high heat to mark the fruit, but not cook it. It should still be cool in the center of the slice. Remove from heat and chill.
3. Combine the oil and vinegar. Add to a bowl with arugula and toss well to combine.
4. For each serving, place two wedges of watermelon on a plate. Split the arugula, prosciutto, and cheese among the plates. Sprinkle each serving with almonds.

Nutrition Facts

4 servings per container
Serving size 2 wedges

Amount per serving
Calories 190
% Daily Value*

Total Fat 12g	15%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 380mg	17%
Total Carbohydrate 13g	5%
Dietary Fiber 2g	7%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 9g	

Vitamin D 0mcg	0%
Calcium 186mg	15%
Iron 1mg	6%
Potassium 209mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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