

Watercress Salad

Serving size: approx 1 cup

Serves: 8

Ingredients:

2 bunches fresh watercress, washed, and trimmed of thick stems to yield 2 cups
1 large ripe tomato, cut into wedges
1 large red onion, thinly sliced
¼ cup extra virgin olive oil
¼ teaspoon coarse salt
Freshly ground black pepper to taste
Juice of half a large lemon

Directions:

1. In a mixing bowl, combine the first four ingredients.
2. Add the salt and pepper and mix.
3. Squeeze the lemon juice over the salad.
4. Toss well and serve.

Exchanges per serving:

1 Vegetable, 1 Fat

Nutrients per serving:

Calories: 67

Calories from fat: 60

Total Fat: 7g

Cholesterol: 0mg

Sodium: 78mg

Total Carbohydrate: 2g

Dietary Fiber: 1g

Protein: 0g