

## **Watercress Salad**

Serving size: About 1 cup

Serves: 4

### **Ingredients:**

2 tablespoons extra virgin olive oil

Juice of half a lemon

Pinch of coarse salt

Freshly ground black pepper to taste

½ medium red onion, thinly sliced

1 large ripe tomato, chopped

1- 2 bunches fresh watercress, washed, and trimmed of thick lower stems to yield about 3 cups

### **Directions:**

In a mixing bowl, combine the first four ingredients.

Add the onion and tomato and toss to coat.

The central stems of watercress are edible and very sweet and flavorful. It is not necessary to use only the leaves. Only trim the bottom ends and then cut the bunch crosswise into 3 or 4 groups. This will roughly cut the watercress for your salad leaving lots of flavor and texture.

Add the watercress and gently toss.

Serve immediately.

### **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