

# Grilled Watermelon and Avocado Salad



## Servings: 6

*1/2 watermelon, cut into wedges*

*1 red onion, sliced into rings*

*1 head romaine lettuce, chopped*

*2 avocados, peeled, pitted, and chopped*

*1/4 cup fresh mint leaves*

*For the Dressing:*

*2 teaspoons Dijon mustard*

*2 teaspoons maple syrup*

*1/4 cup lime juice*

*1/4 cup olive oil*

*salt and pepper, to taste*

Pre-heat your grill to medium-high heat.

Grill your watermelon and red onions in batches flipping when grill marks appear.

Remove from the grill and allow to cool.

Once cool dice the watermelon and red onions. Add to a serving bowl with romaine lettuce, avocados, and mint leaves.

For the Dressing:

In a bowl whisk together Dijon mustard, maple syrup, lime juice, olive oil, salt, and pepper.

Pour the dressing over top of the salad and gently toss until coated.

Serve

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Per Serving (excluding unknown items): 345 Calories; 20g Fat (47.1% calories from fat); 6g Protein; 44g Carbohydrate; 9g Dietary Fiber; 0mg Cholesterol; 23mg Sodium; 29g Total Sugars; 0mcg Vitamin D; 91mg Calcium; 3mg Iron; 1104mg Potassium; 126mg Phosphorus. Exchanges: .