

## Grilled Watermelon and Avocado Salad

Makes 6 Servings



**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 style 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 the watermelon and red onions from the grill and allow to cool.

Once cooled cut the watermelon and red onions into bite-sized pieces. Add to a serving bowl with romaine lettuce, avocados, and mint leaves.

For the Dressing:

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

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

Serve