



United States Department of Agriculture
What's Cooking? USDA Mixing Bowl

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Watermelon Romaine Salad

Makes: 50 or 100 Servings

Ingredients	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Cider vinegar		2 cup		4 cup
Raspberry puree, frozen or coulis		2 cup		4 cup
Vegetable oil		1 cup		2 cup
Dijon mustard		4 Tbsp		1/2 cup
Romaine lettuce		50 cup approximately 14 heads		100 cups approximately 28 heads
Watermelon, cubed		26 cup		52 cup
Orange segments		13 cup		26 cup

Directions

1. For dressing: combine vinegar, coulis, oil, mustard and pepper in blender or food processor. Puree until well blended.
2. Chill dressing until ready for use.
3. Wash, dry and core romaine lettuce. Tear into bite-size pieces and place 1 cup of torn lettuce onto individual plates or bowls.
4. Peel, seed and cut watermelon into 1" cubes.
5. Peel, seed (if needed), and segment orange.
6. Pour dressing onto lettuce.
7. Place ½ cup watermelon and ½ cup orange sections on top of dressed greens and serve immediately.

My Notes

Source: Produce for Better Health Foundation/National Watermelon Promotion Board

Nutrition Information

Nutrients	Amount	Meal Components
Calories	113	Fruits 2 cups
Total Fat	5 g	Vegetables 2 cups
Saturated Fat	0 g	
Cholesterol	N/A	
Sodium	47 mg	
Total Carbohydrate	17 g	
Dietary Fiber	2 g	
Total Sugars	N/A	
Added Sugars included	N/A	
Protein	2 g	
Vitamin D	N/A	
Calcium	42 mg	
Iron	1 mg	
Potassium	N/A	

[For more information on meal components and crediting, please visit the Food Buying Guide for Child Nutrition Programs.](#)

N/A - data is not available