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### **Watermelon Prosciutto Salad with Balsamic Glaze**

Did you know watermelons are made of about 97 percent water? But in addition to providing hydration and delicious flavor, they also have significant amounts of vitamins, antioxidants, and workout-boosting amino acids like citrulline. Add salty prosciutto bits, creamy goat cheese, tangy balsamic, and sharp taste of arugula, and you have a marriage of fresh, summer flavors with seriously good nutrition.

Prep Time: 10 min. Cook Time: 5 min.

Serving size: 1/2 recipe

Recipe makes 2 servings

#### **Ingredients**

2 cups arugula

2 cups cubed watermelon

4 slices prosciutto, chopped and fried

2 tbsp balsamic vinegar

2 tbsp extra-virgin olive oil

2 oz. goat cheese

Salt and pepper to taste

#### **Directions**

1. Layer the arugula, watermelon, and prosciutto in a large bowl and set aside.
2. Pour the balsamic vinegar into a pan and cook on medium-low heat until thickened.
3. Drizzle the vinegar over the salad, followed by the olive oil. Sprinkle on goat cheese.
4. Add salt and pepper to taste and serve cold!