



WATERMELON, CUCUMBER, & FETA SALAD

Serving Size: 1½ Cups, 6 Servings

INGREDIENTS

½ cup red-wine vinegar
2 teaspoons honey
¼ teaspoon salt
¼ teaspoon ground pepper
¼ cup extra-virgin olive oil
5 cups cubed seedless watermelon
1 English cucumber, chopped
6 ounces feta cheese, cut into ¾-inch cubes
½ cup thinly sliced red onion
2 tablespoons chopped fresh mint

DIRECTIONS

1. Whisk vinegar, honey, salt and pepper in a small bowl; gradually whisk in oil until completely incorporated.
2. Combine watermelon, cucumber, feta and onion in a large bowl. Gently stir in 1/2 cup of the vinaigrette. Refrigerate for at least 20 minutes or up to two hours.
3. Just before serving, gently stir in mint; drizzle with the remaining vinaigrette.

TIP: To make ahead, prepare through step two and refrigerate for up to two hours.

Nutrition Information (Per 1 Serving): 219 calories; protein 5.3g; carbohydrates 15g; dietary fiber 1.2g; sugars 12.1g; fat 15.7g; saturated fat 5.6g; cholesterol 25.2mg; vitamin a 957.8IU; vitamin c 13.1mg; folate 24.5mcg; calcium 164.2mg; iron 1mg; magnesium 27.8mg; potassium 267.5mg; sodium 361.9mg; thiamin 0.1mg; added sugar 2g.

Source: Living Well | This information is shared by My Health Onsite for general information and education only. It is not intended to be a substitute for professional medical advice, diagnosis, or treatment. You should always consult your healthcare provider if you have any concerns or questions about your health.

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