



# Watermelon Summer Salad

Servings 6 | Prep time 12 mins. | Total time 12 mins.

## Equipment:

Small Bowl

Measuring Cups and Spoons

## Utensils:

Fork or Whisk

## Ingredients

### *For the Dressing*

2 tablespoons olive or vegetable oil

3 tablespoons lime juice

¼ teaspoon salt

### *For the Salad*

5 cups seedless watermelon, cubed, or 1 small seedless watermelon

1 cup cucumber, sliced into half moons

1 cup red onions, thinly sliced

1/3 cup crumbled feta cheese

1/3 cup torn mint or basil leaves

A pinch of salt, to season

## Instructions

1. Before you begin, wash your hands, surfaces, utensils, and produce.
2. Make the dressing: In a small bowl, whisk together the oil, lime juice, and salt.

Arrange the watermelon, cucumber, and red onions on a large plate or platter. Drizzle with half the dressing. Top with the feta, mint, and jalapeño pepper, if using, and drizzle with remaining dressing. Season to taste and serve.

**Nutritional Information:**

Calories 90   Total Fat 4g   Sodium 170mg   Total Carbs 11g   Protein 2g