



Watermelon Summer Salad

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

Equipment:

Small Bowl
Large plate or serving platter

Utensils:

Fork or Whisk
Measuring cups and spoons

Ingredients

For the Dressing

2 tablespoons olive oil OR vegetable oil
3 tablespoons lime juice (about 1.5 limes)
1/4 teaspoon salt

For the Salad

5 cups seedless watermelon (about 1 small melon), cubed
1 medium cucumber, sliced into half moons
1 cup red onion, thinly sliced
1/3 cup crumbled feta cheese
1/3 cup torn mint OR basil leaves
1 pinch salt
1/2 (jalapeño or serrano) pepper (optional)

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.
3. 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