



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

½ 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