

Recipe provided by:

Jenna Smith, MPH, RD
Nutrition & Wellness Educator
Serving McLean, Livingston, & Woodford Counties
go.illinois.edu/LMW

Summer Watermelon Salad

5 cups cubed watermelon 11/2 cups diced English cucumber 6 fresh mint leaves, torn 6 fresh basil leaves, torn 1/4 cup crumbled feta cheese (optional)

Honey Vinaigrette
1 Tablespoon honey
1 Tablespoon lime juice
2 teaspoons olive oil
Pinch of salt

Instructions: Wash hands. In a small bowl, combine honey, lime juice, salt, and drizzle in olive oil while whisking. Set aside. In a large bowl, combine watermelon, cucumber, mint and basil. Pour the vinaigrette over the watermelon salad, and gently toss to combine. Top with feta cheese and serve.

Yield: 4 servings

Nutrition Facts (per serving): 120 calories, 4.5 grams fat, 160 milligrams sodium, 20 grams carbohydrate, 1 grams fiber, 3 grams protein