



Summer Watermelon Salad

Yield: 4 servings

INGREDIENTS

- 5 cups cubed watermelon
 - 1.5 cups diced English cucumber
 - 6 fresh mint leaves, torn
 - 6 fresh basil leaves, torn
 - ¼ cup crumbled feta cheese (optional)
- Honey Vinaigrette
- 1 Tbsp. honey
 - 1 Tbsp. lime juice
 - 2 tsp. olive oil
 - Pinch of salt

DIRECTIONS

1. Wash hands, in a small bowl combine together honey, lime juice, salt, and drizzle in olive oil while whisking. Set aside.
2. In a large bowl, combine watermelon, and cucumber.
3. Wash and dry basil and mint leaves. Tear basil and mint leaves into large bowl of watermelon and cucumber.
4. Top the watermelon salad with honey vinaigrette, and gently toss to combine. Top with feta cheese and serve.

Nutrition Facts per serving (with feta): 120 calories, 3 g. protein, 4.5 g. total fat, (saturated fat 2 g), 20 g carbohydrates, 1 g dietary fiber, 160 mg sodium