

Watermelon and Feta Salad

This salad blends sweet and savory ingredients to make the perfect summer salad. Combining watermelon, feta cheese, red onion and mint is sure to excite your taste buds.

YIELD 12 SERVINGS	PREP TIME 10 MIN	TOTAL TIME 10 MIN
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INGREDIENTS

1/3 cup	Extra Virgin Olive Oil
3 Tbsp	Lemon Juice, freshly squeezed
1/2 tsp	Kosher Salt
1 tsp	Hot Sauce
1/2 tsp	Black Pepper, ground
10 cups	Watermelon, Seedless, cut into 1" cubes
2 cups	Feta Cheese, crumbled
1/2 small	Red Onion, julienned
1 cup	Mint, fresh, coarsely chopped

CHEF'S NOTES

You can substitute the feta in this recipe for mozzarella or goat cheese depending on your preference.

It is important to note that once the mint is sliced, it will begin to oxidize and darken. It is best to serve the salad quickly after all ingredients are mixed. If the mint does begin to oxidize, more freshly cut mint can be added on top to provide a more vibrant color.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. In a large bowl, whisk the oil, lemon juice, salt, hot sauce of choice, and black pepper.
3. Add the watermelon, feta, and onion. Toss gently.
4. Garnish with the mint and serve.

Nutrition Facts

12 servings per container

Serving Size 1 cup (165 g)

Amount per serving

Calories 140

% Daily Value *

Total Fat 11g 14%

Saturated Fat 3.5g 17%

Trans Fat 0g

Cholesterol 15mg 5%

Sodium 340mg 15%

Total Carbohydrate 10g 4%

Dietary Fiber less than 1g 3%

Total Sugars 8g

Includes 0g Added Sugars 0%

Protein 4g 9%

Vitamin D 0mcg 0%

Calcium 20mg 0%

Iron 0.43mg 2%

Potassium 200mg 3%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe by Health meets Food, "Watermelon and Feta Salad", (11/10/16)



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