

# WATERMELON FETA SALAD

*COOL, CRISP, REFRESHING WATERMELON TOSSED GINGERLY WITH SALTY FETA AND A LIGHT WHITE BALSAMIC HERB DRESSING*



**Yield: 8 – Serving Size: 6oz. – Prep Time: 15 Minutes**



## Ingredients:

- 5 Cups - Watermelon, Cut into 1 inch Pieces
- 2 Cups - Feta Cheese, Cut into ¼ inch Pieces
- 2 Tbsp. - Fresh Chives, Thinly Sliced
- 2 Tbsp. - White Balsamic Vinegar
- 2 Tbsp. - Olive Oil, Extra Virgin
- 2 Tbsp. - Honey
- To Taste - Salt
- To Taste - Black Pepper
- 2 Tbsp. - Fresh Mint, Cut into thin Ribbons

1) Place the watermelon, feta cheese, chives and mint in a medium bowl.





2) In a separate bowl mix olive oil, white balsamic vinegar, and honey. Whisk ingredients together until the honey is dissolved. Season with salt and black pepper.



3) Combine dressing with watermelon mixture. Toss until everything is evenly coated with dressing.



4) Serve and Enjoy!

Equipment Needed: Measuring cups and spoons, knife, cutting board, medium bowl, small bowl, whisk

Calories: 178 – Calories from Fat: 103 – Total Fat: 11.5g – Saturated Fat: 6g – Trans Fat: 0g – Cholesterol: 33.5mg – Sodium: 419mg – Total Carbohydrate: 14g – Dietary Fiber: .5g – Sugar: 12g – Protein: 6g





