



Watermelon Salad

2 servings
15 minutes

Ingredients

- 1 tbsp Maple Syrup
- 1/4 Lime (juiced)
- 1 tbsp Extra Virgin Olive Oil
- 1/8 tsp Sea Salt
- 1/4 Seedless Watermelon (diced into cubes)
- 1/2 Cucumber (diced)
- 1/2 cup Mint Leaves
- 1/2 cup Feta Cheese (crumbled)

Nutrition

Amount per serving	
Calories	372
Fat	16g
Carbs	55g
Fiber	3g
Sugar	42g
Protein	10g
Cholesterol	33mg
Sodium	585mg
Vitamin A	3725IU
Vitamin C	52mg
Calcium	263mg
Iron	2mg
Selenium	8µg

Directions

- 1 In a small mason jar, combine maple syrup, lime juice, olive oil and salt. Cover with lid, shake to combine and set aside.
- 2 In a serving bowl, combine chopped watermelon, cucumber, mint and feta.
- 3 Divide into bowls and drizzle with desired amount of dressing. Enjoy!

Notes

Make it Greek: Add thinly sliced red onion and black olives.

More Protein: Add edamame, ground flax, hemp hearts or serve with a grilled chicken breast.

More Greens: Add more fresh herbs, arugula or chopped basil.

Watermelon Size: This recipe was developed and tested using a 5 lb. watermelon.