



Watermelon & Strawberry Salad

4 servings

10 minutes

Ingredients

1/2 Seedless Watermelon (small, cut into cubes)

216 grams Strawberries (chopped)

1/3 Cucumber (medium, sliced in half moons)

5 grams Mint Leaves (chopped, divided)

15 milliliters Extra Virgin Olive Oil

7 grams Raw Honey

2 grams Sea Salt

113 grams Feta Cheese (crumbled)

Nutrition

Amount per serving	
Calories	301
Fat	10g
Saturated	4g
Carbs	50g
Fiber	4g
Sugar	39g
Protein	8g
Cholesterol	25mg
Sodium	475mg
Potassium	776mg
Vitamin A	3416IU
Vitamin C	79mg
Calcium	194mg
Iron	2mg
Vitamin D	5IU
Vitamin E	1mg
Vitamin K	8µg
Thiamine	0.2mg

Directions

- 1 In a large bowl combine the watermelon, strawberries, cucumber, and half of the mint.
- 2 In a small bowl or jar, combine the oil, honey, salt, and remaining mint.
- 3 Pour the dressing over the salad and toss gently to combine. Top with feta. Divide onto plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately 1 1/2 cups.

More Flavor: Add chopped jalapeño pepper.

Dairy-Free: Omit the feta cheese.



Riboflavin	0.4mg
Niacin	2mg
Vitamin B6	0.4mg
Folate	42µg
Vitamin B12	0.5µg
Phosphorous	177mg
Magnesium	73mg
Zinc	2mg
Selenium	7µg