

WATERMELON & HERB SALAD

Recipe adapted from: <https://www.themediterraneanandish.com/watermelon-salad-with-cucumber-feta/>

INGREDIENTS

- 1/2 watermelon, cut into 1 inch cubes
- 1 medium cucumber, cubed
- 15 mint leaves, chopped
- 15 basil leaves, chopped
- 1/2 C crumbled feta cheese

For the dressing

- 2 Tbsp honey or maple syrup
- 2 Tbsp lime juice
- 1-2 Tbsp olive oil
- Pinch of salt

TOOLS NEEDED

- Knife
- Cutting board
- Large bowl
- Small bowl
- Spatula

NUTRITION INFORMATION

Not a fan of feta? Try adding 1/2 C of blueberries instead to create a bright summer salad that is colorful and provides antioxidants.

PROCEDURE

- Carefully slice watermelon into 1 inch cubes, to create bite-size pieces. Cube cucumber by slicing 1/2 inch rounds, then cutting each round into 4.
- In a small bowl, whisk together the honey or maple syrup, lime juice, olive oil and salt. Set aside.
- In a large bowl or serving tray, combine the watermelon, cucumber and fresh herbs.
- Top the watermelon salad with the dressing and gently toss to combine.
- Top with feta cheese and enjoy with friends and family.



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