

HEALTH EDUCATION





The summer is the BEST time of year for a slice of juicy watermelon. Kick up your love for watermelon a notch by adding some protein in the form of feta cheese and a few other seasonings to create a mouthwatering seasonal dish!

YIELDS: 4 serving(s) PREP TIME: 5 mins TOTAL TIME: 10 mins CAL/SERV: 269

Ingredients:

- 1/4 c. extra-virgin olive oil
- 2 tbsp. red wine vinegar
 - 1/2 tsp. kosher salt
- 3 c. cubed seedless watermelon
- 1 c. medium cucumber, chopped
 - 1 c. crumbled feta
 - 1/2 c. red onion, thinly sliced
- 1/2 c. coarsely chopped mint, plus more for garish
 - Flaky sea salt, for garnish (optional)

Directions:

Step 1

In a small bowl, whisk together oil, vinegar, and salt.

Step 2

In a large serving bowl, combine watermelon, cucumber, feta, red onion, and mint. Add dressing and toss to coat.

Step 3

Garnish with more mint and flaky sea salt if desired.



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