

Watermelon Salad

YIELD 8 SERVINGS

Reverend Dr. Ronald B. Christian
Community Health & Wellness Center

 Newark Beth Israel Medical Center
Children's Hospital of New Jersey
Barnabas Health

INGREDIENTS

3T olive oil
2 R red wine vinegar
3 .5 c cubed watermelon(seeds removed)
1.5 c medium cucumber, peeled and chopped
5 oz. crumbled feta, drained
1/2 c red onion, coarsely chopped
1/4 c coarsely chopped cilantro or mint

DIRECTIONS

In a mixing bowl place olive oil and vinegar and whisk together. Add watermelon, cucumber, diced onion and cubed Feta. Toss gently. Add fresh mint (or cilantro); turnover ingredients to combine. Be careful not to overmix and crush watermelon.

NUTRITION FACTS:

Calories	120
Fat	9g
Cholesterol	15g
Carbohydrate	7g
Protein	3g