



Watermelon, Feta, and Mint Salad

6 Servings • 1 Serving = $\frac{3}{4}$ Cup

INGREDIENTS

- 5 cups watermelon, cubed
- 1 cup feta cheese, crumbled
- $\frac{1}{4}$ cup red onion, thinly sliced
- 1 small bunch mint, leaves picked off
- 1 Tablespoon balsamic vinegar
- 3 Tablespoons extra virgin olive oil
- Freshly ground black pepper, to taste

DIRECTIONS

1. In a large salad bowl, combine the watermelon, feta, onion, and mint. Stir gently to combine.
2. In a separate bowl, whisk together the balsamic vinegar and oil. Pour just enough vinaigrette over the watermelon mixture to lightly coat the ingredients. Season with pepper and toss gently.

Nutrition Facts	
6 servings per container	
Serving size	$\frac{3}{4}$ cup
Amount per serving	
Calories	170
	% Daily Value*
Total Fat 13g	17%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 230mg	10%
Total Carbohydrate 12g	4%
Dietary Fiber 1g	4%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 137mg	10%
Iron 1mg	6%
Potassium 176mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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