

Watermelon Feta Mint Salad

Serving Size: ½ cup

Makes: 9 servings

Ingredients:

2 lbs	Watermelon, ½" cubes
11 oz	English Cucumbers, ½" cubes
¼ cup	Red Onion, julienne sliced
½ cup	Mint, chopped
½ cup	Italian Parsley, chopped
½ cup	Feta Cheese, crumbled
¼ cup	Olive Oil
2 TBSP	White Balsamic Vinegar
¼ tsp	Black Pepper

NUTRITION FACTS PER SERVING

calories	120
total fat (g)	8
saturated fat (g)	2
trans fat (g)	0
sodium (mg)	100
total carbohydrate (g)	10
dietary fiber (g)	1
sugar (g)	7
protein (g)	2



Preparation:

1. Place watermelon, cucumber, and onion in a large bowl with herbs and feta.
2. In a separate bowl, mix olive oil, balsamic, and pepper.
3. Pour dressing over salad and gently toss to mix.



BLOG

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