

Watermelon Feta Mint Salad

Portion Size: ½ cup

Yield: 10

Ingredients:

Watermelon, fresh, peeled, cubed, ½ inch	4 cups
Cucumber, fresh, cubed, ½ inch	1 cup
Red Onion, fresh, sliced	¼ cup
Mint, fresh, chopped	½ cup
Parsley, fresh, chopped	½ cup
Feta cheese, crumbled	½ cup
Olive Oil	¼ cup
Balsamic Vinegar, white	2 TBSP
Black Pepper	¼ tsp

Preparation:

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

Nutrition Information Per Serving:

Calories	Protein (g)	Carbs(g)	Fiber (g)	Sugar (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)
120	2	10	1	7	8	1	100



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