

Watermelon Cucumber Salad with Feta and Almonds

Yield: 8 servings

Gluten-free

RECIPE CUSTOMIZATION

To make dairy-free, swap feta for dairy-free alternative or omit cheese

To make it low-FODMAP, swap watermelon for orange segments or pineapple, swap honey for maple syrup, and omit red onion

Ingredients

½ small watermelon, 1-inch cubes

1 English cucumber, quartered the long way and sliced

10 oz mixed greens

Red wine vinegar (to taste)

Extra virgin olive oil (to taste)

Honey (to taste)

Salt, kosher (to taste)

Black pepper (to taste)

½ red onion, sliced

¼ cup almonds, chopped

¼ cup feta cheese

¼ cup mint, sliced thin

Directions

1. Place watermelon and cucumber together in a medium mixing bowl and mixed greens (10 oz) in a separate bowl. Toss both bowls with 3–4 shakes of the vinegar, 2–3 second drizzle of olive oil, three-finger pinch of salt, and a few shakes of black pepper. Taste, and adjust the seasoning to suit your preference.
2. Plate or platter the mixed greens with the watermelon/cucumber mixture in the center.
3. Top with the onion, almonds (¼ cup), feta cheese (¼ cup), and mint (¼ cup).

Put a seasonal twist on this recipe simply by replacing the watermelon with roasted red or golden beets and replacing the mint with tarragon.



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Nutrition Facts

Serving size 1 (12.8oz)

Amount Per Serving **364g**

Calories **158**

% Daily Value

Total Fat 6.3g **10%**

Saturated Fat 1.3g **7%**

Cholesterol 4mg **1%**

Sodium 418mg **17%**

Total Carbohydrate 25g **8%**

Dietary Fiber 3g **13%**

Sugars 19g

Protein 4g **8%**

Vitamin A **78%**

Vitamin C **58%**

Calcium **10%**

Iron **10%**