



Watermelon Feta Salad

Adapted from [Feta Watermelon Salad - JoyFoodSunshine](#)

Servings: 10

Ingredients:

- 3 cups arugula
- 4 cups watermelon, cubed
- 1 red onion, sliced
- ½ cup feta cheese, crumbled
- ¼ cup fresh mint, sliced thin
- Salt & pepper
- 1 T Balsamic glaze

Directions:

1. In a large bowl or serving dish, layer the arugula evenly and top with watermelon and red onion
2. Sprinkle the feta, red onion, and balsamic glaze on top
3. Mix thoroughly and sprinkle with salt, pepper and fresh mint
4. Enjoy!

Nutrition Facts

Calories per serving: 39kcal
Total fat: 1g
Saturated fat: 1g
Sodium: 72mg
Total carbs: 6g
Fiber: 1g
Total sugar: 4g
Protein: 2g

A Note From the Dietitian:

“This salad is an excellent way to stay hydrated on a hot, summer day. Packed with vitamin C, potassium and calcium, this is a nutritious side dish to your favorite cookout staples!”

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