



Watermelon Feta Salad with Balsamic Glaze

SERVINGS: 10

PREPPING TIME: 15 MINS

COOKING TIME: 0 MINS

INGREDIENTS

- 9 cups watermelon, cut into bite-sized cubes
- 2 loose cups baby arugula
- 8 to 10 fresh spearmint leaves, torn
- 8 oz. package reduced-fat feta cheese, crumbled
- 2 tbsp. - 1/4 cup balsamic glaze
- 1/4 cup sliced almonds, toasted
- 1 tbsp. lemon juice
- Salt and pepper to taste

DIRECTIONS

1. Prepare the Watermelon Cubes: Cut the watermelon into bite-sized cubes.
2. Prepare the Dressing: In a small bowl, whisk together the balsamic glaze and lemon juice until well combined. Season with salt and pepper to taste.
3. Assemble the Salad: In a large bowl, combine the watermelon cubes, baby arugula, torn mint leaves, and crumbled feta cheese. Drizzle 1/2 the prepared dressing over the salad and gently toss to coat everything evenly.
4. Serve: Transfer the salad to a serving platter or individual plates. Sprinkle the toasted sliced almonds over the top and taste. Drizzle over the remaining balsamic dressing if needed. Optionally, garnish with additional torn mint leaves. Serve immediately and enjoy your refreshing watermelon, feta, and arugula salad with a delightful balsamic glaze twist!

NUTRITION

Serving size: 1 cup (250g)
(per serving) 140 calories, 3g fat, 0g saturated fat, <5mg cholesterol, 290mg sodium, 20g carbohydrate, 2g fiber, 14g sugar, 9g protein