



Cost: 

Ease: 

Health Benefit:

Watermelon and cucumber have high water content, making this salad a refreshing option for summer. The combination of fruit, vegetables, fresh herbs, and healthy fats can help support hydration and add nutrients to your day!

Watermelon Feta Salad

Ingredients

- 6 cups seedless watermelon, cubed
- 1 cup cucumber, thinly sliced or diced
- ½ cup crumbled feta
- ¼ cup fresh mint leaves, torn
- 2 tbsp extra-virgin olive oil
- 1–2 tbsp fresh lime juice or lemon juice, to taste
- 1 tsp honey
- Salt and freshly ground black pepper
- Optional: nuts or seeds for extra crunch

Directions

1. In a small bowl, whisk together the olive oil, lime juice, honey, salt, and black pepper.
2. Add the watermelon, cucumber, feta, and mint to a large bowl or serving platter. Drizzle the dressing over the salad and gently toss until combined.
3. Top with nuts or seeds, if using, for extra crunch.
4. Serve chilled and enjoy!