

10 REFRESHING SUMMER SALADS FOR HOT DAYS

1. WATERMELON MINT FETA SALAD

INGREDIENTS

- 4 CUPS SEEDLESS WATERMELON, CUBED
- 1 CUP CUCUMBER, DICED (OPTIONAL)
- ¾ CUP CRUMBLLED FETA CHEESE
- ¼ CUP FRESH MINT, CHOPPED
- 2 TABLESPOONS FRESH LIME JUICE
- 1 TABLESPOON EXTRA VIRGIN OLIVE OIL
- PINCH OF SEA SALT
- FRESH CRACKED BLACK PEPPER (OPTIONAL)

DIRECTIONS

1. PLACE THE WATERMELON, CUCUMBER, FETA, AND MINT INTO A LARGE SERVING BOWL.
2. IN A SMALL BOWL, WHISK TOGETHER THE LIME JUICE AND OLIVE OIL.
3. POUR THE DRESSING OVER THE SALAD AND GENTLY TOSS UNTIL COATED.
4. CHILL FOR 15–30 MINUTES BEFORE SERVING.
5. GARNISH WITH ADDITIONAL FRESH MINT IF DESIRED.

SIMPLE TIPS

- BEST SERVED COLD.
- ADD GRILLED CHICKEN FOR EXTRA PROTEIN.
- DELICIOUS ALONGSIDE GRILLED BURGERS, CHICKEN, OR FISH.

NUTRITION INFORMATION

MAKES: 6 SERVINGS, SERVING SIZE: 1 CUP PER SERVING (APPROX.)

CALORIES: 145

PROTEIN: 4G

CARBS: 14G

FAT: 9G

FIBER: 2G

SUGAR: 11G

SODIUM: 280MG

RECIPE INFO

PREP: 15 MIN

COOK: NONE

CHILL: 30 MIN

TOTAL: 45 MIN

DIFFICULTY: EASY

STORAGE

REFRIGERATE UP TO 2 DAYS.

BEST ENJOYED WITHIN 24 HOURS.

DO NOT FREEZE.

PAIRS WELL WITH

- FRUIT-INFUSED WATER
- GRILLED CHICKEN
- BURGERS
- GRILLED FISH

SIMPLE LIFE TIP

PREPARE INGREDIENTS AHEAD OF TIME AND CHILL BEFORE SERVING FOR THE FRESHEST FLAVOR.

SERVING SUGGESTIONS


THESE REFRESHING SALADS ARE PERFECT FOR SUMMER COOKOUTS, FAMILY DINNERS, MEAL PREP, PICNICS, OR A LIGHT LUNCH. MOST SALADS TASTE EVEN BETTER AFTER CHILLING FOR 30 MINUTES, ALLOWING THE FLAVORS TO BLEND TOGETHER.

FOR A COMPLETE MEAL, PAIR WITH GRILLED CHICKEN, ROAST BEEF, TURKEY, OR ONE OF OUR REFRESHING FRUIT-INFUSED WATERS.

SIMPLE LIFE TIP

SIMPLE MEALS DON'T HAVE TO BE COMPLICATED.

PREPARING FRESH SALADS AHEAD OF TIME CAN MAKE HEALTHY EATING EASIER DURING BUSY WEEKS OR ON DAYS WHEN ENERGY IS LIMITED. KEEP CHOPPED VEGETABLES AND COOKED PROTEINS READY TO MIX AND ENJOY THROUGHOUT THE WEEK.

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