



Watermelon and Feta Salad

U.S.

1/3 cup	Extra Virgin Olive Oil
3 Tbsp	Lemon Juice, freshly squeezed
1/2 tsp	Salt, Kosher
1 tsp	Hot sauce
1/2 tsp	Black Pepper, ground
10 cups	Watermelon, Seedless, cut into 1" cubes
2 cups	Feta Cheese, crumbled
1/2 small	Red Onion, julienned
1 cup	Mint, fresh, coarsley chopped

Metric

75 mL
45 mL
3 g
5 mL
1.2 g
1.5 kg
226 g
1/2 small
20 g

Preparation:

1. Gather all ingredients and equipment.
2. In a large bowl, whisk the oil, lemon juice, salt, Tabasco and pepper.
3. Add the watermelon, feta, and onion and toss gently.
4. Garnish with the mint and serve.

Nutrition Facts

Serving size	1 cup
Servings	12
Calories	130
Calories from Fat	80
Total Fat	9 g
Saturated Fat	3.5 g
Trans Fat	0 g
Monounsaturated Fat	1 g
Cholesterol	15 mg
Sodium	300 mg
Carbohydrates	12 g
Dietary Fiber	1 g
Sugars	9 g
Protein	4 g
Vitamin A	20 %
Calcium	10 %
Vitamin C	20 %
Iron	8 %
Phosphorus	82 mg
