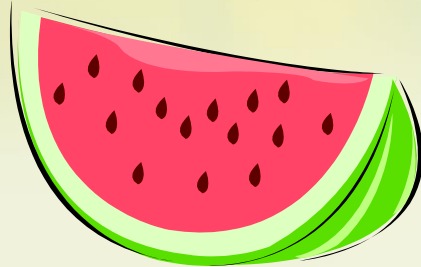


Watermelon Salad

Serves 4

Prep time: 10 min.



Ingredients:

- 3 cups chopped watermelon – $\frac{3}{4}$ " cubes
- 1 cup chopped cucumber – $\frac{1}{4}$ " chunks
- $\frac{1}{2}$ cup crumbled Feta
- 2 Tbs. chopped fresh Mint
- 2 Tbsp. Balsamic Vinaigrette Dressing

Procedure:

Combine all ingredients.

Debra's notes:

This is a very refreshing and great light summer salad – especially when you bought the watermelon and need to use it up! Watermelons are not only high in vitamins A and C as well as lycopene – the carotenoid found in tomatoes. Actually, 1 cup of watermelon has the amount of lycopene that is found in 2 tomatoes.

If you have a commercially prepared Balsamic Vinaigrette dressing that you like, you can use that. Otherwise, make your own with 1 part balsamic vinegar to 2 parts olive oil, salt and pepper to taste. So for 2 Tbs. of dressing, that would be 2 tsp. of vinegar to 4 tsp. of olive oil. Best served when the watermelon is chilled!

Source: www.athenos.com

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