

Watermelon Salad with Cucumber, Feta, and Herbs

Summer has officially arrived, and watermelon season is here. Watermelon is a fantastic food on a summer day—juicy and sweet yet loaded with hydration, nutrients, and fiber. This dish makes a refreshing and delicious salad.

Serves: Six (Makes 7-8 cups)

Prep Time: 15-20 Minutes

Ingredients:

5 cups watermelon, peeled, cubed (or use a melon baller to make melon balls)

1 medium to small English cucumber, cubed

1 small red onion red onion, cut into thin slices

20 fresh mint leaves, chopped

12 fresh basil leaves, chopped

1 Jalapeño pepper, seeds and stem removed, minced (optional)

Dressing

2 tablespoons extra-virgin olive oil

2 tablespoons freshly squeezed lime juice

1 teaspoon honey

1/8 teaspoon sea salt

Optional Garnish

1/2 cup cubed feta cheese (sliced into 1/2-inch cubes)

Directions:

Combine watermelon, cucumber, red onion, mint, and basil in a salad bowl.

Whisk dressing and mix with the salad.

Garnish with feta cheese.

If you are taking this dish to a party (great for a picnic). Keep it refrigerated or on ice and add the dressing and feta cheese just prior to serving.

Enjoy,

Steven Masley, MD