

WATERMELON FETA SALAD

Gluten Free, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 7 (Serving= 1 cup)

Nutrition (per serving)

Calories: 140

Total Fat: 7 g

Saturated Fat: 3 g

Sodium: 150 mg

Total Carbohydrate: 16 g

Dietary Fiber: 1 g

Total Sugars: 13 g

Added Sugars: 3 g

Protein: 4 g

PREP TIME: 15 min



Ingredients

- 2 Tablespoons fresh squeezed lime juice
- 4 teaspoons honey
- 6 cups cubed watermelon
- ½ cup diced red onion
- 1/3 cup chopped pecans
- ¾ cup crumbled feta cheese
- 3 Tablespoons chopped fresh mint

Directions

1. In a small bowl, whisk lime juice and honey.
2. In a large bowl, combine the rest of the ingredients.
3. Drizzle juice mixture over salad and toss gently.



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