

HERB 'N FETA WATERMELON SALAD

Gluten Free, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 1 cup, Serves 12

Nutrition (per serving)

Calories: 150

Total Fat: 9 g

Saturated Fat: 3 g

Sodium: 315 mg

Total Carbohydrate: 14 g

Dietary Fiber: 2 g

Total Sugars: 9 g

Added Sugars: 0 g

Protein: 6 g

PREP TIME: 20 min

COOK TIME: 5 min

TOTAL TIME: 25 min



Ingredients

- 1 cup slivered almonds
- 10 cups cubed fresh watermelon (about 1 small watermelon)
- 2 ½ cups chopped English cucumber
- ½ cup thinly sliced sweet yellow onion
- ½ cup finely chopped fresh dill
- ½ cup chopped fresh mint leaves
- 8 ounces crumbled feta cheese
- ½ teaspoon salt
- ¼ teaspoon ground black pepper



OSF
HEALTHCARE

Directions

1. Pour and seal the almonds into a small plastic bag. Use a rolling pin or mason jar to crush the almonds into fine bits. Place almonds in a small skillet and roast for 4-5 minutes on medium heat until fragrant.
2. Combine almonds and all other ingredients in a large bowl and mix well. Chill before serving.