



*Simple,
Seasonal,
Sustainable*

Recipe of the Week

Watermelon, Arugula and Feta Salad

Ingredients:

- 3 cups seedless watermelon, cubed and chilled
- 1/3 cup reduced-fat crumbled feta
- 7 ounces arugula
- 1/4 small red onion, thinly sliced
- 2 tablespoons balsamic vinegar
- 1 tablespoon olive oil
- 1/4 teaspoon salt (optional)
- 1/4 teaspoon ground black pepper

Directions:

1. In a large bowl, toss together the watermelon, feta, arugula, and onion.
2. In a medium bowl, whisk together the balsamic vinegar, olive oil, salt (optional), and pepper.
3. Drizzle the dressing over the salad and toss gently to coat.

Serves 6

*70 calories, 3.5 g fat, 1 g saturated fat,
9 g carbohydrate, 1 g fiber, 3 g protein,
105 mg sodium*

Source: American Diabetes Association

