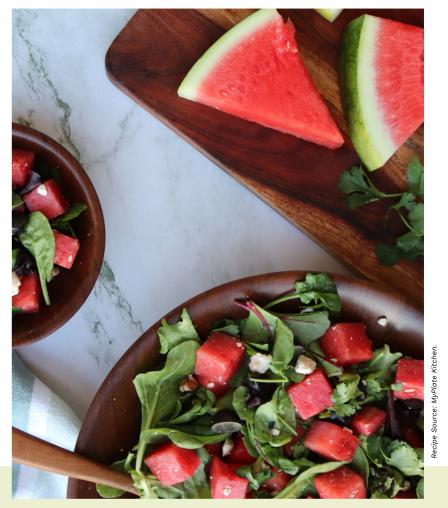
Refreshing Watermelon Salad 4 servings





Ingredients

- 1 cup fresh spring greens, gently rubbed under cold running water (if not pre-washed)
- 1 cup fresh cilantro, gently rubbed under cold running water, chopped
- 1 cup fresh watermelon, scrubbed with clean vegetable brush under running water, cubed
- ½ cup red grapes, gently rubbed under cold running water, halved
- 1/4 cup walnuts, chopped
- 1/4 cup feta cheese



Nutrition Information: Serving Size (1 cup): Calories 100, Total Fat 7g, Saturated Fat 2g, Cholesterol 10mg, Sodium 90mg, Total Carbohydrates 8g, Fiber 1g Total Sugars 6g, includes 0g Added Sugars, Protein 3g, Vitamin D 0%, Calcium 6%, Iron 6%, Potassium 4%

Instructions

- 1. Wash hands with soap and water.
- 2. Rinse produce with cool running water.
- 3. Mix all ingredients together and serve immediately.
- 4. Store leftovers in a sealed container in the refrigerator for up to four days.

