

## Refreshing Watermelon Salad

4 servings

- 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
- ¼ cup walnuts, chopped
- ¼ cup feta cheese

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.



**Nutrition Information per serving** (Serving Size 1 cup): Calories 100, Total Fat 7g, Saturated Fat 1.5g, Cholesterol 10mg, Sodium 115mg, Total Carbohydrates 8g, Fiber 1g, Total Sugars 6g, includes 0g Added Sugars, Protein 3g, Vitamin D 0%, Calcium 4%, Iron 6%, Potassium 4%.

Adapted from USDA's MyPlate Kitchen.