

TOMATO, WATERMELON AND CUCUMBER SALAD



DIFFICULTY

EASY



TIME

15 MIN



SERVES

4-6

INGREDIENTS

2 Tbsp Olive Oil
2 Tbsp White Balsamic Vinegar
½ tsp Sea Salt
1 tsp Black Pepper
1 tsp of minced Garlic (1-2 cloves, chopped)
1 pint Mixed Color or Yellow Heirloom Cherry Tomatoes, cut into halves lengthwise
2-3 cups Seedless Watermelon, cut into cubes
2 Persian Cucumbers, cut into quarters lengthwise and then cut into 1/4 in. quarter circles
1 cup Spinach Leaves (2-3 handfuls)
6-8 Basil Leaves, cut 1/8 in. thin strips (chiffonade or "ribbon cut")
6-8 Large Mint Leaves, cut 1/8 in. thin strips (chiffonade or "ribbon cut")
Feta Cheese
cut")
1 tsp. Cracked Black Pepper 1 tsp. Sea Salt
Feta Cheese
Cheese

DIRECTIONS

1. In a large bowl, whisk together the olive oil, white balsamic vinegar, salt, pepper and garlic
2. Add the cherry tomatoes, watermelon, cucumbers, and spinach and lightly coat with the vinaigrette.
3. Toss in the mint, basil, salt and pepper.
4. Just before serving, sprinkle the feta cheese on top.

NUTRITION FACTS PER SERVING

Calories: 121 **Fat:** 8.7g (Saturated Fat: 2g) **Carbohydrates:** 10.5g **Fiber:** 1.4g **Sugar:** 7.4g **Protein:** 2.4g



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