



Visiting Nurse Association  
of Northern New Jersey

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## Watermelon, Feta & Mint Salad

*Makes 12 1/2 cup servings. Recipe from Cooking Light.*

### Ingredients

- 1/2 cup chopped red onion
- 3 tablespoons fresh lime juice (about 2 small limes)
- 4 cups cubed seeded watermelon
- 1/4 cup pitted Kalamata olives
- 1/2 cup finely chopped fresh mint
- 1/2 cup (2 ounces) feta cheese (crumbled)

### Nutritional info per serving

Calories:	46
Total fat:	3g
Cholesterol:	4mg
Sodium:	136mg
Total Carbs:	6g
Dietary Fiber:	1g
Protein:	2g

### Directions

1. Combine onion and juice in a medium bowl and let stand 10 minutes.
2. Add watermelon, olives and mint.
3. Cover and chill 1 hour. Sprinkle with cheese and serve.