

WATERMELON & FETA SALAD

🍴 6 SERVINGS ⌚ 15 MINUTES

INGREDIENTS

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|------------------------------------|----------------------------|
| 1 cup of arugula leaves | 1 lemon, squeezed |
| 3 cups watermelon seedless & diced | ½ cup olive oil |
| 1 cup mint leaves | ½ cup crumbled feta cheese |
| ¼ cup finely chopped red onion | SALT TO TASTE |
| 1 orange, squeezed | |

DIRECTIONS

1. In a large bowl combine arugula, watermelon, feta and mint leaves. Gently mix.
2. To make the dressing, combine the orange juice, lemon juice, shallot, honey, olive oil and salt to taste in a small bowl. Mix well.
3. Pour dressing over bowl with arugula mixture and stir to combine.
4. Serve immediately and enjoy!

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QUICK TIPS

- You can substitute feta cheese with queso blanco.
- Watermelon is high in lycopene, an antioxidant that may reduce the risk of cancer.
- Save your melon rind to make an interesting pickle!

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