



Awesome Watermelon Salad

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| 1 tablespoon balsamic vinegar | ¼ cup olive oil |
| 1 teaspoon lemon juice | 3 cups 2-inch, cubed watermelon |
| 1 teaspoon Dijon mustard | ¾ cup crumbled, low-fat feta cheese |
| 1 teaspoon chopped garlic | ½ red onion, sliced very thin |
| ½ teaspoon fresh diced cilantro | Coarse ground black pepper |
| ¼ teaspoon fresh ground pepper | Cilantro for garnish |

In a small bowl, **mix** vinegar, lemon juice and Dijon mustard. **Stir** in garlic, cilantro and black pepper. Slowly **pour** olive oil into the mixture while whisking vigorously. **Cover and refrigerate** until ready to use. **Combine** the watermelon, low-fat feta cheese and red onion in a large bowl; **toss** lightly to mix and **season** with coarse ground black pepper. **Pour** half of dressing over salad

mixture; gently **toss** to coat. **Refrigerate** for least 30 minutes. **Drizzle** remaining dressing over salad and garnish with cilantro just before serving.

Yield: 8, ½ cup servings

Nutritional Analysis: 110 calories, 9 g fat, 2 g saturated fat, 5 mg cholesterol, 190 mg sodium, 6 g carbohydrate, 1 g fiber, 4 g sugar, 3 g protein.



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.

Kentucky Watermelon

SEASON: July to September

NUTRITION FACTS: Watermelon contains a variety of nutritional benefits for minimal calories. A 2 cup serving provides 90 calories and 25% Daily Value for vitamin C and 30% Daily Value for vitamin A. Watermelon also contains phytochemicals that foster heart health and good vision, boosts the immune system and reduces the risk of some cancers.

SELECTION: Choose melons with a well-rounded shape and smooth surface. They should be heavy and firm. The underside should be creamy yellow. The flesh should be deep red with mature, dark seeds.

Source: www.fruitsandveggiesmatter.gov

STORAGE: Cut melon should be stored in the refrigerator and covered with plastic for two to three days. Uncut melon will keep in a cool place for up to two weeks.

PREPARATION: Melons should be washed with cool running water. The flavor of the melon is best when served cold and raw.

KENTUCKY WATERMELON

Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences
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