

Minted Watermelon and Feta Salad

Author: Adapted from Martha Stewart's Living, 7/08



Description: So refreshing when watermelon is in season.

Notes: If you only have red watermelon, just use what you can find!

1. Using a sharp knife, cut off rinds from watermelons. (You should have a total of 2 pounds peeled fruit.) Quarter each melon, and then cut into 3-inch-long, 1/4-inch-thick slices. Arrange slices on a serving platter.
2. Crumble the feta over watermelon. Sprinkle with salt and mint, and serve immediately.

2 1/2 pounds red watermelon, seedless

2 ounces Feta cheese, crumbled

1/2 teaspoon Maldon salt

3 tablespoons fresh mint, sliced

Per Serving (excluding unknown items): 86 Calories; 4g Fat (36.2% calories from fat); 3g Protein; 12g Carbohydrate; 1g Dietary Fiber; 13mg Cholesterol; 162mg Sodium.

Exchanges: 1/2 Lean Meat; 0 Vegetable; 1/2 Fruit; 1/2 Fat.

Carolyn T's Tasting Spoons blog:

<http://tastingspoons.com>