

How Refreshing!

Pair grilled watermelon with mint and feta for the ultimate summer salad.

Recipe developed by *Caroline Wright*

Grilled Watermelon, Mint, and Feta Salad

Prep: 15 minutes Cook: 10 minutes Makes: 6 servings

- 1 small watermelon (about 6 pounds), cut into 1-inch-thick rounds (lay melon on its side, and cut through rind and flesh with a sharp knife)
- ½ cup small mint leaves, torn
- 2 ounces feta cheese, crumbled into large chunks
- 1 tablespoon olive oil
- 1 tablespoon balsamic vinegar
- ¼ teaspoon sea salt
- ¼ teaspoon black pepper

1. Heat a grill or grill pan over high heat until very hot. Two at a time, grill watermelon rounds, turning once, until charred (about 2–3 minutes per side). Transfer watermelon to a cutting board and remove rind; cut rounds into wedges.

2. Arrange watermelon on a serving platter; sprinkle with mint and feta. Drizzle with olive oil and vinegar, then sprinkle with salt and pepper.

SERVING SIZE: 1⅓ cups salad

Calories 122; Fat 4.7g (sat 1.8g, mono 2.2g, poly 0.4g); Cholesterol 8mg; Protein 3g; Carbohydrate 19g; Sugars 15g; Fiber 1.5g; Iron 2mg; Sodium 208mg; Calcium 79mg **H**

