

Watermelon, Feta & Mint Salad

Culinary Medicine, Nutrition Services

Serves: 8, Serving Size: 1/2 cup

Equipment: cutting board, knife, microplane or zester, large bowl

Ingredients

2 limes, zested and juiced
3 tablespoons extra virgin olive oil
1/4 cup mint leaves, chopped
4 cups watermelon, balled or chopped
1 cucumber, diced
1/4 cup feta, crumbled
1/4 cup pine nuts, toasted
Salt and pepper to taste

Instructions

1. In a large bowl, add lime juice and zest, olive oil, and mint. Whisk well.
2. Add watermelon and cucumber and season to taste.
3. Toss and garnish with feta and pine nuts.
4. This dish is great with grilled shrimp or chicken.



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Why We Like This Recipe

A recipe that celebrates the essence of summer in Vermont, highlighting ripe, delicious, juicy watermelon with Vermont-made feta cheese and the mint that grows out of control in the garden. The salad is a perfect example of building flavor. By combining a variety of ingredients you develop a harmony of flavors, or flavor profile.

Chef's Notes:

- Pairing fresh cheeses like feta, chevre, and farmer's cheese or queso fresco with ripe, juicy summer fruit like melon, tomatoes, and peaches and adding surprising herbs like mint and basil is a recipe for success. Add a dash of chili if you're feeling spicy.

Nutrition Notes:

- Watermelon, cucumber, and lime all have Vitamins A and C which enhance immunity, vision, and skin protection. Mint can help with soothing an upset stomach due to the menthol which can relax the muscles of the GI tract and aid in digestion.

Gardener's Notes:

- *Citrullus lanatus* (watermelon) is a vining plant related to cucumbers and squash. The large fruit is a kind of modified berry called a *pepo* with a thick rind and sweet, fleshy center.



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