



WATERMELON SALAD WITH CUCUMBER AND FETA

August 3

National Watermelon Day



INGREDIENTS

- 4 Cups Cubed Watermelon
- 1 Cup Sliced Cucumbers
- 3 Ounces Feta Cheese (cut into cubes)
- 1 Tablespoon Chopped Fresh Mint
- 1 Tablespoon Chopped Fresh Basil
- 1 Tablespoon Lemon or Lime Juice
- 1 Tablespoon Olive Oil
- Salt and Pepper (to taste)

DIRECTIONS

1. In a large serving bowl add the watermelon, cucumber, feta, basil and mint. Squeeze the lime over the salad, drizzle with olive oil and season with salt and pepper.
2. Stir to combine.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Fruit

MEAL TYPE

-  Snack

YIELD

6 Cups

PORTION SIZES

| Toddler | Preschool | School Age | Adult |
|---------|-----------|------------|-------|
| ¾ Cup | ¾ Cup | 1¼ Cups | ¾ Cup |