



Nancy's Nourishing Kitchen

Watermelon Salad with Mint and Feta

Ingredients:

1 watermelon, cut flesh into bite size pieces
1 sweet onion, cut in half and sliced thin
1/4 cup red wine vinegar
salt & pepper
1/2 cup extra virgin olive oil
1/4 cup fresh mint, chopped
4 oz feta cheese, crumbled



Directions:

- In a small bowl combine the vinegar, salt & pepper slowly whisk in the olive oil. Adjust the seasonings.
- In a large bowl combine the melon, onion and feta.
- Pour the dressing over mixture, toss gently until everything is coated.
- Toss again with fresh mint.

Tip: soak onion slices in bowl of ice water for 10-15 minutes, then drain before adding to watermelon. This will mellow the flavor of the raw onion.