

WATERMELON FETA SALAD

Prep time: 10 minutes / Cook time: 10 minutes / Skill level: Easy

INGREDIENTS

3 cups watermelon
1 medium red onion
100 grams feta cheese
2 tablespoons
extra-virgin olive oil
1/4 cup white vinegar
1 3/4 cups water
1/4 cup sea salt
1 teaspoon fresh oregano
Additional salt and pepper
to taste

EQUIPMENT NEEDED:

Knife, chopping board, small pot, large mixing bowl and a slotted spoon.

METHOD:

Peel and dice watermelon into 1 inch cubes in place in the bowl. Finley slice the red onion and place in the pot with the vinegar, water and salt. Bring to a boil then remove from heat and let stand for 10 minutes.

When the onions have steeped for 10 minutes, remove from the pot with a slotted spoon and set aside.

Crumble the feta onto the watermelon and add oregano. Season with olive oil, salt and pepper. Gently stir. Top with the pickled onions.



Per 1/4 recipe: | 210 calories | 19 g fat | 6 g carb | 5 g protein



QUICK TIP

Allow the watermelon to marinate in the salt, pepper, oregano and olive oil for an hour before serving.