



Watermelon Quinoa Salad



prep time
15 minutes



total time
30 minutes



servings
5-6

Ingredients

- 2 cups/370 grams quinoa, cooked and cooled ~ 4 carb servings
- 3 cups/450 grams watermelon, cut into 1/2-inch cubes ~ 2 carb servings
- 1 cup cucumber, cut into 1/2-inch cubes ~ 1 veggie serving
- 1/2 cup/75 grams feta ~ 1.5 protein, 1 fat serving
- 1/2 cup mint leaves, torn
- 1/4 cup balsamic glaze
- Kosher salt

Instructions

- 1 Prepare balsamic glaze. To make the glaze add 1 cup balsamic vinegar to a small pot. Heat to boiling. Reduce heat to low. You'll end up with small bubbles around the perimeter as it gently simmers. Let it continue simmering for about 10 minutes. Stir occasionally. It can burn quickly so keep an eye on it. Once it's reduced and thickened remove from heat.
- 2 Toss all ingredients together, reserving some feta, mint, and balsamic for garnish. Season with salt and top with extra feta, mint, and balsamic glaze. Serve.



Whole Recipe Breakdown:
1.5 Servings Protein
6 Servings Carb
1 Servings Fat
1 Servings Veggies