

Watermelon Mint Salad

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template approved



prep time
10 minutes



total time
10 minutes



servings
6



Ingredients

- 6 cups cubed seedless watermelon
~6 servings of carb
- 1 medium cucumber, chopped
~2 servings of veggies
- ½ red onion, thinly sliced
~1 servings of veggies
- ¼ cup minced fresh mint
- 2 tablespoons olive oil
~2 serving of fat
- 2 tablespoons red wine vinegar
- 1 teaspoon kosher salt

Instructions

- 1 Place watermelon, cucumber, onion and mint in a large bowl.
- 2 In a small bowl, whisk red wine vinegar, salt and oil. Drizzle over salad; toss gently to combine.*

*If you want to sweeten this up a bit, you can add in a touch of honey (not compliant during nutrition challenges!)



Whole Recipe Serving Breakdown:
6 servings of carb
2 serving of fat
3 servings of veggies

 simple side dish

