

REFRESHING WATERMELON SALAD

- 1 cup fresh spring greens
- 1 cup fresh cilantro
- 1 cup fresh watermelon (cubed)
- ½ cup red grapes (halved)
- ¼ cup walnuts (chopped)
- ¼ cup feta cheese

PREPARATIONS

1. Using a large salad bowl, toss all the ingredients together. Enjoy!

Makes: 4 servings

Nutritional Information (per serving)

Total Calories	215
Total Fat	11 g
Protein	6 g
Carbohydrates	27 g
Dietary Fiber	4 g
Saturated Fat	3 g
Sodium	281 mg

Source: USDA