



BLUEBERRY- WATERMELON SALAD WITH MINT AND FETA

ingredients:

- 3 Tablespoons olive oil
- 1 Tablespoon balsamic vinegar
- 1/2 teaspoon ground black pepper
- 1/4 cup finely diced red onion
- 8 cups diced watermelon
- 2 cups fresh blueberries
- 1/4 cup chopped fresh mint leaves
- 1/2 cup crumbled feta cheese

directions:

1. In a large bowl, whisk together olive oil, balsamic vinegar, pepper, and diced red onion.
2. Add the diced watermelon, blueberries, mint and feta cheese to the bowl. Gently toss to coat.

Yield: 8 servings

Nutrition Information Per Serving:

122 Calories
6 grams Fat
1 gram Saturated Fat
4 mg Cholesterol
74 mg Sodium
19 grams Carbohydrates
3 grams Fiber
2 grams Protein

Food exchanges:
1 fruit, 1 fat



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