



CATERING • MEAL PREP • JUICES

## Watermelon Feta Mint Salad

The salty citrus dressing really brings out the flavor of the watermelon, the mint is refreshing, and the feta adds a perfect touch of creaminess, for a truly unique taste. Perfect on hot Summer days!



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To order, call or text Christine at 647-210-0047 or email her at [Christine@HealthyNow.ca](mailto:Christine@HealthyNow.ca)

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You'll need:

- 8 lb. whole seedless watermelon, chilled (about 12 cups of cubed fruit)
- ½ cup extra virgin olive oil
- 3 whole limes, juiced
- 1 ½ tsp salt
- ¾ tsp black pepper
- 1 cup fresh mint leaves, chopped
- 1 ½ cups crumbled feta cheese

To make:

1. This salad is best made just prior to serving – ideally one hour or less before your meal.
2. Cut rind from the watermelon, then chop the fruit into 1 inch chunks. Place chunks in a colander to drain as your chop.
3. In a small bowl, whisk together olive oil, fresh lime juice, salt, and black pepper to create a dressing
4. Place watermelon in a large salad bowl. Pour dressing and chopped mint over the watermelon and toss gently to coat. Pour the crumbled feta into the salad bowl and stir gently to integrate the cheese into the salad.

Serve and enjoy!

Past recipes of the week are posted at our website [www.HealthyNow.ca](http://www.HealthyNow.ca). And OrangeTheory Fitness members always get 15% off Fresh Pressed Juices, and 15% off any Meal Pack!

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