

Minted Watermelon Salad

Serves 6. Preparation Time: 15 minutes

Ingredients

- > 4 cups of watermelon, cubed
- > 1 small cucumber, washed and sliced
- > 1/4 cup fresh shredded mint leaves
- > 1 tablespoon of lime juice

Instructions

1. In a medium bowl, add watermelon, cucumber, and mint. Mix well.
2. Stir in lime juice and serve cold.

Storing watermelon

- > Store an unripe watermelon at room temperature, away from direct sunlight.
- > Store a ripe watermelon in the refrigerator, where it will keep for up to 2 weeks.

Storing cucumber

- > Refrigerate cucumbers in sealed plastic bags, where they will keep for about a week.

Tips

- > This fresh summer salad goes well with many grilled foods and meats, such as grilled chicken or hamburgers.

Nutrition Facts	Amount/serving	% DV	Amount/serving	% DV	Amount/serving	% DV
	Total Fat	0g	0%	Sodium	0mg	Vitamin A
Saturated Fat	0g	0%	Total Carbohydrate	9g	Vitamin C	15%
Trans Fat	0g		Dietary Fiber	1g	Calcium	2%
Cholesterol	0mg	0%	Sugars	8g	Iron	2%
Protein	1g					
Amount per serving						
Calories	35					

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