

WATERMELON FETA SALAD WITH FRESH MINT

Gluten Free, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 4 (Serving= 1 cup)

Nutrition (per serving)

Total Fat: 6 g	Total Carbohydrate: 15
Saturated Fat: 1 g	Dietary Fiber: 1.5 g
Sodium: 109 mg	Calories: 135
	Protein: 5 g

Ingredients

- 4 cups watermelon, cubed
- ½ cup low-fat crumbled feta cheese
- ¼ cup fresh mint leaves, chopped
- ¼ cup fresh lime juice
- ¼ cup red onions, chopped
- ¼ cup walnuts, roughly chopped

Directions

1. Combine the watermelon, feta, mint, onions and walnuts in a bowl.
2. Add the lime juice and mix gently.