



## RECIPE:

### Watermelon Salad

Number of Servings: 4

#### Ingredients:

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

#### Directions:

1. Wash hands with soap and water.
2. Gently rub the spring greens (if not pre-washed), cilantro, and red grapes under cold, running water. Scrub the watermelon with a clean vegetable brush under running water.
3. Rinse produce with cool running water.
4. Mix all ingredients together and serve immediately.
5. Store leftovers in a sealed container in the refrigerator for up to four days.

#### Nutrition Info:

Nutrition Facts	
4 servings per container	
<b>Serving size</b>	<b>1 cup</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>100</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 7g	<b>9%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 90mg	<b>4%</b>
<b>Total Carbohydrate</b> 8g	<b>3%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 6g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 3g	
Vitamin D 0mcg	<b>0%</b>
Calcium 65mg	<b>6%</b>
Iron 1mg	<b>6%</b>
Potassium 161mg	<b>4%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

USDA's MyPlate Kitchen