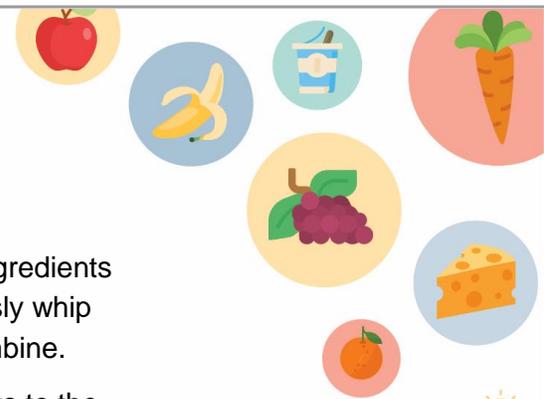


# Avocado Watermelon Feta Salad



## INGREDIENTS

- 3 cups – cubed watermelon
- 3 tbsp. – thinly sliced red onion (half ring)
- 1 ea. – diced avocado

### For the dressing:

- 1/3 cup – lime juice
- 1 tsp. – honey
- ½ tsp. – salt
- ¼ tsp. – ground black pepper
- ¼ cup – low sodium soy sauce
- 3 tbsp. – crumbled feta cheese
- 2 ¼ tsp. – salad oil

**Servings: 4-6**

## METHOD

- 1) Combine all dressing ingredients into a bowl and vigorously whip with a wire whisk to combine.
- 2) Add the salad ingredients to the dressing and gently mix to evenly coat with the dressing.

### Serve & Enjoy

#### Notes:

- You may use more avocado if you like.

To make a halfmoon onion, cut in half on the long side from core to stem tip. Lay cut side down and thinly slice horizontally (width). All that matters is it is thin and fits easily on a fork!

# SMART SNACKING



## Fun Facts

Watermelon is a great food with which to quench your thirst because of its high water content, which makes it a refreshing snack.

Avocados are a fruit, not a vegetable, and are part of the berry family.

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Avocados contain more potassium than bananas.

Tangy, with a slightly salty flavor, Feta cheese is a great addition to a salad. It also contains calcium, which helps to keep your bones strong.