

Recipes **From the Blue Zones® Kitchen**

Watermelon, Feta and Mint Salad

- Ingredients:**
- 1 mini seedless watermelon, cubed
 - ¼ cup feta cheese, crumbled into small bits
 - ¼ cup lime juice
 - ¼ tsp salt
 - 2-3 sprigs of mint leaves, minced

- Directions:**
- Cube watermelon and place in large bowl.
 - Mix lime juice with salt and mint in separate bowl, then drizzle over watermelon.
 - Add feta cheese and mix with spoon to combine.
 - Keep in the refrigerator until you serve.

Watermelon is mostly water (91%), low in fiber and contains mostly carbohydrate energy (7.5%). It is the richest source of lycopene, even compared to tomatoes! Watermelon consumption has been linked to many healthful outcomes including lower blood pressure, reduced insulin resistance and reduced muscle soreness after exercise.

Tips by SouflNutrition.com

Source:
Healthline, 2019