

Grilled Watermelon Salad

Serves 4

Recipe from Food Network

½ (5 pound) seedless watermelon

¼ cup balsamic vinegar

Olive oil

Kosher salt

2 cups baby arugula

¼ cup feta cheese

Finely cracked fresh pepper



Place the watermelon half cut side down on a cutting board and cut off the rind. Slice the block into 8 inch squares, about 3 x 3 inches and 1-inch thick. Pour the vinegar into a saucepan and simmer over medium-high heat until vinegar reduces to a thick consistency. Set aside. Heat grill or nonstick griddle. Brush a small amount of olive oil onto both sides of watermelon slices. Place watermelon on hot grill for about 2 minutes on each side, or until grill marks appear. Transfer to a plate and season with salt. To assemble salad, place arugula on a plate, place watermelon on top of arugula, and garnish with a drizzle of balsamic glaze and a sprinkle of feta cheese.

Nutrition per serving: 156 calories; 6g Fat; 3.5g Protein; 25g Carbohydrates; 1g Fiber; 405mg Sodium



Grilled Watermelon Salad

Serves 4

Recipe from Food Network

½ (5 pound) seedless watermelon

¼ cup balsamic vinegar

Olive oil

Kosher salt

2 cups baby arugula

¼ cup feta cheese

Finely cracked fresh pepper



Place the watermelon half cut side down on a cutting board and cut off the rind. Slice the block into 8 inch squares, about 3 x 3 inches and 1-inch thick. Pour the vinegar into a saucepan and simmer over medium-high heat until vinegar reduces to a thick consistency. Set aside. Heat grill or nonstick griddle. Brush a small amount of olive oil onto both sides of watermelon slices. Place watermelon on hot grill for about 2 minutes on each side, or until grill marks appear. Transfer to a plate and season with salt. To assemble salad, place arugula on a plate, place watermelon on top of arugula, and garnish with a drizzle of balsamic glaze and a sprinkle of feta cheese.

Nutrition per serving: 156 calories; 6g Fat; 3.5g Protein; 25g Carbohydrates; 1g Fiber; 405mg Sodium

