

Watermelon Corn Feta Salad

Ingredients:

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1/4 cup orange juice
1 tablespoon grated orange peel
1 teaspoon honey
3 tablespoons extra-virgin oil
3 cups diced watermelon
1 (11 ounce) can no salt added whole kernel corn, drained
1 cup baby arugula or other leafy greens
1/4 cup crumbled reduced fat Feta cheese
2 tablespoons fresh mint, chopped (optional)

Directions:

1. Wash your hands with soap and warm water.
2. In a medium bowl combine orange juice, orange peel and honey; gradually whisk in olive oil until well blended. Add salt and pepper to taste.
3. In a large bowl, combine diced watermelon, corn and arugula leaves. Toss with orange dressing. Sprinkle with Feta cheese and mint.

Nutrition Facts (Per Serving)

Calories, 210; Carbohydrate, 23 g; Protein, 4 g; Total Fat, 8 g; Saturated Fat, 2.5 g; Trans Fat, 0 g; Cholesterol, 0 mg; Fiber, 1 g; Total Sugars, 12 g; Sodium, 230 mg; Calcium, 40 mg; Folate, 97 mcg; Iron, 0 mg; Percent Calories from Fat, 34%.

Makes 4 servings.

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer.

This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.