

U.S. Feta Melon Salad

Savory and sweet, this fresh salad hits all of your taste buds.



INGREDIENTS

(Serves 4-6)

| | |
|-----------------------------------|-------------|
| Watermelon, trimmed | 150g |
| Cantaloupe, trimmed and seeded | 150g |
| Baby Arugula | 50g |
| Grape Tomatoes, halved (about 12) | 100g |
| Olive Oil | 10ml |
| Salt | 2g |
| Pepper | 1g |
| U.S. Feta, crumbled | 120g |
| Mint Leaf, fresh, chopped | 4g |
| Balsamic Glaze* | 15ml |

*If you do not have balsamic glaze, you can reduce 90ml of balsamic vinegar on low heat to a thick syrup consistency.

NUTRITIONAL CONTENT

Per 100g

| | |
|----------------------------|--------|
| Calories | 88kcal |
| Total Fat | 6g |
| Saturated Fat | 3g |
| Trans Fat | 0g |
| Cholesterol | 18mg |
| Total Carbohydrates | 8g |
| Dietary Fiber | 1g |
| Sugars | 6g |
| Protein | 4g |
| Calcium | 120mg |
| Magnesium | 16mg |
| Phosphorus | 83mg |
| Potassium | 182mg |
| Sodium | 320mg |
| Iron | 1mg |
| Vitamin A | 1434IU |
| Vitamin C | 15mg |

PREPARATION

1. **Slice watermelon and cantaloupe into the same number of thin slices.**
2. **In a medium bowl, toss together the arugula, tomatoes, olive oil, salt, and pepper until coated.**
3. **Lay arugula salad on a platter, then arrange the watermelon and cantaloupe in an alternating shingle pattern over the top.**
4. **Sprinkle the feta and mint over the top.**
5. **Drizzle the balsamic glaze in a zigzag over the whole salad.**

Rely on the dynamic lineup of U.S. dairy products to meet consumer demand for tasty and nutritious foods. The U.S. Dairy Export Council (USDEC) offers resources on ThinkUSAdairy.org, including a dairy ingredient supplier search, consumer, nutrition and product research, technical insights and recipe ideas to help develop your next successful menu item.

This recipe only serves as a reference. ©2015 U.S. Dairy Export Council.