



AT LENOX HILL NEIGHBORHOOD HOUSE

Watermelon Feta Salad with Mint Honey Dressing

This simple watermelon salad is surprisingly perfect in every way, blending sweet and savory in one delicious bite!

Serves: 4-6

Ingredients

Quick Red Onion Pickle

½ large red onion, sliced thin
1 lemon zested and squeezed
Salt and pepper to taste

Mint Honey Dressing

1 tablespoon honey
1 lemon zested and squeezed
3 tablespoons fresh mint, chopped
2 tablespoons olive oil
Salt and pepper to taste

5 cups watermelon, cut into ½-inch cubes
8 ounces feta cheese, cut into ¼-inch cubes, or crumbles

Directions

1. In a small bowl combine ingredients for red onion pickle. Lightly toss and set aside.
2. In another large bowl combine dressing ingredients and mix well. Add cut watermelon and half of the feta cheese. Toss carefully. Season to taste.
3. Transfer to serving plate garnish with remaining feta cheese. Top off with sliced pickled onions and fresh cracked black pepper. Serve cold.

THE
TEACHING
KITCHEN

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Tips:

1. Add a little heat by tossing in thinly sliced fresh jalapeño rounds.
2. Don't like feta? Swap with blue, goat or a more neutral cheese such as mozzarella.
3. Don't have mint? Try fresh basil, dill, cilantro or a combination.
4. Bulk up this salad with greens, whole grains or other summer fruits and vegetables and/or whole grains such as arugula, blueberries and cucumbers, bulgur or barley!