

Arcadian Harvest Emerald® with Watermelon, Cucumber and Feta Cheese

Servings

4

Calories 540 Prep Time 20 minutes

Total Time 20 minutes

Skill Level

Easy

Ingredients

8 ounces Mann's Arcadian Harvest Emerald®

1 watermelon, seedless, cubed

1 white onion, cut 1/4" thick

1 English cucumber, 1/4" slices

4 ounces Feta cheese, crumbled

Dressing

1 clove garlic, minced

1 shallot, minced

2 tablespoons chopped parsley

½ cup olive oil

1 tablespoon fresh lemon juice

1/4 cup white balsamic vinegar

3 tablespoons honey

1 teaspoon salt & ground black pepper

The Method

In a large salad bowl, combine greens, watermelon and & onion.

Drizzle desired amount of dressing and toss.

For Dressing:

In a small bowl, whisk all ingredients until well mixed. Serve immediately or refrigerate for up to 2 weeks. (Vinaigrette may separate after sitting, so whisk vigorously again before using.)

Nutrition Facts

Serving Size: 316g | Servings: 4

Amount Per Serving

Calories 430 | Total Fat 27g (sat fat 6g trans 0g) | Cholesterol 75mg | Sodium 130mg | Total Carbohydrate 24g | Dietary Fiber 2g |