

Recipe from Cathy Fisher
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Watermelon Salad

Total Time: 15 mins Yield: 4 (makes about 6 cups) 1x

INGREDIENTS

- 4 cups seedless watermelon cubes (about 1/2-inch)
- 2 cups baby arugula leaves (packed)
- 1 cup thinly sliced cucumber
- ¼ cup thinly sliced red onion (see Notes)
- ¼ cup chopped fresh mint
- ¼ cup lime juice (1-2 limes)
- freshly ground black pepper to taste (optional)

INSTRUCTIONS

1. Toss all of the ingredients in a medium bowl. Chill before serving (or if you want to serve immediately, be sure the watermelon, cucumber and lime juice is cold upon preparing). Garnish if desired with a little freshly ground black pepper.

NOTES

Cucumber: I think thin, delicate slices of cucumber are best for this recipe, but feel free to cut your cucumbers any way you like. I used my favorite hand-held mandolin to quickly and uniformly slice mine.

Melon: If you can get your hands on a seedless yellow watermelon, this would be great too. Any kind of melon can be used instead of watermelon. Strawberries are also nice (I would use 1 cup strawberries and 3 cups melon).

Arugula: Arugula, a delicate peppery green, is perfect in this recipe, but if you can't find it, you can use baby spinach leaves (whole or coarsely chopped).

Lime juice: You can also use lemon juice instead of lime, or your favorite balsamic vinegar; but I think the fresh taste of lime is the best complement with watermelon.

Mint: Some watermelon salads call for fresh basil instead of mint, so feel free to use this instead if you like.