Watermelon, Cucumber, Mint Salad

**INGREDIENTS**
- 3 cups watermelon, cubed or balled
- 1-1/2 cucumbers, sliced (optional: remove seeds)
- 2 TBSP mint thinly sliced
- 2 TBSP olive oil
- 1 TBSP lime juice
- Optional: 1/3 cup feta cheese crumbled
- 1/8 tsp. salt if desired and pepper to taste

**INSTRUCTIONS**
1. Place watermelon, cucumber, and mint in large bowl.
2. In a small bowl, whisk together olive oil, lime juice, salt and pepper
3. Drizzle dressing over melon and cumber mixture and toss to coat. Sprinkle with feta cheese is desired.

Recipe adapted from dinneratthezoo.com

SERVING SIZE: 1/4 of recipe

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For 1/4 of the salad recipe, there are 168 calories, 10 grams Carbohydrate, 2 grams protein, 9 grams fat, 142 mg Sodium, 2 grams Fiber if you choose to use the cheese. If you leave the cheese out, there are about 135 calories, 75 mg sodium.

Cucumbers and watermelon are both refreshing with a high water content and contain potassium, magnesium, and fiber which can help with good blood pressure and cardiovascular health. Cucumbers have an anti-inflammatory benefit, which is why people have used them on their eyes and face to reduce skin irritation and puffiness.

Mint is helpful for aiding in intestinal health and has anti-inflammatory properties, but mint can aggravate gastro-esophageal reflux, GERD.

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