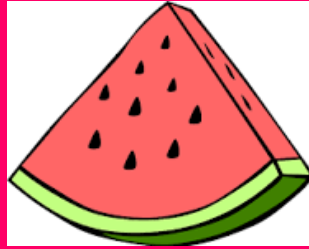


# **Watermelon Salad with Chicken**

## **Wholesome and Hearty!**



### **For the Salad:**

4 oz. baby spring greens; can alternate with 1 cup of kale

1 cup fresh watermelon

1/3 cup peanuts

½ cup feta cheese

1 cup grilled chicken, chopped

### **Vinaigrette:**

3 T. Lime juice

2 T. Honey

2 T. olive oil

1 Tsp. minced garlic

Fresh cracked pepper

3 mint leaves, minced

### **Directions:**

Place the greens in two salad bowls.

Top each with watermelon, peanuts, feta and grilled chicken.

Prepare the vinaigrette: Whisk the lime juice, honey, olive oil, garlic, black pepper and mint leaves. Drizzle over the salads and serve.

**MAKES TWO SERVINGS.**

\*\*Watermelon is a summer favorite. It has a very high water content and provides nutrients like lycopene, citrulline, and vitamins A and C. Studies suggest that this sweet, red melon may even boost heart health, reduce muscle soreness, and decrease inflammation, though more research is needed.