



WATERMELON SALAD

By Dr. Cindy Tanzar
(All Plans)

If you have never tried watermelon salad, it will quickly become one of your favorite summertime dishes. It is incredibly refreshing and light, but packed with flavor. Having variety in the types of foods you eat is so important to health and weight loss, so don't be afraid to try new things. This recipe includes feta cheese, which can be omitted on the Genesis Health Solutions weight loss program, but is fine for the maintenance plan. There are two servings in this recipe -one serving cover your fruit, fat and ½ serving of vegetable per meal.



INGREDIENTS

- 2 cups cubed, seedless watermelon
- 3/4 cup cucumber, diced
- 1/4 cup thinly sliced red or sweet onion
- 1/4 cup coarsely chopped basil and/or mint (optional, but amazing!)
- 2 Tbsp. extra-virgin olive oil
- 1 Tbsp. red wine vinegar



1/8-1/4 tsp. pink Himalayan salt
1/2 cup crumbled feta (maintenance only)

INSTRUCTIONS

In a medium size serving bowl, combine watermelon, cucumber, onion, feta (maintenance only) and basil/mint.

In a small bowl or cup, whisk together the olive oil, red wine vinegar and salt. Pour dressing over watermelon and toss lightly