

Watermelon Beet Salad with Lemon Vinaigrette

Healthy Choice recipe

Brought to you by North Shore University Hospital: Chefs Michael Estrada and Edward Martinez and Farhana Ahmed, RD



This delicious, hydrating and refreshing salad can be enjoyed as part of any meal. To make it your main course, pair it with some protein: grilled chicken, grilled fish or sauteed tofu. The salad is low in sodium and packed with vitamin C, potassium, magnesium, and fiber.



Level: Easy **Yield:** 4 servings

Prep time: 15 min **Cook Time:** 0 min

Serving tip: Chop up and chill your ingredients in advance and toss it all together right before you are ready to eat

Ingredients

For the Salad

- 2 cups seedless watermelon, diced
- 2 beets, diced
- 1 cucumber, diced
- ½ red onion, thinly sliced
- ¼ cup dill, chopped
- ½ cup goat cheese, crumbled

For the Lemon Vinaigrette (makes 6 servings)

- ½ cup olive oil
- ¼ cup red wine vinegar
- 2 tablespoons lemon juice
- 2 tablespoons Dijon Mustard
- 1 clove garlic, minced
- 1 teaspoon dried oregano
- ¼ teaspoon black pepper
- Pinch of salt

Equipment needed: Measuring cups and spoons, Cutting Board, Knife, Mixing Bowl, Whisk

Instructions

1. Salad: Combine watermelon, beets, cucumbers, onions, dill and goat cheese.
2. Vinaigrette: Mince the garlic clove. In a bowl, whisk together oil, vinegar, lemon juice, mustard, dried oregano, black pepper and minced garlic. Add a pinch of salt.
3. Drizzle vinaigrette over salad right before serving.
4. Enjoy!

Leftover vinaigrette can be stored in the fridge and served with future salads.

Nutrition Facts per serving (salad and 2 ounces of vinaigrette) (1 Serving): 260 Calories, 18g Total Fat (4g Saturated Fat), 145mg Sodium, 15g Carbs (2g Fiber, 9g Total Sugar), 4g Protein.