

## Arugula, Watermelon, and Feta Salad

<https://www.foodnetwork.com/recipes/ina-garten/arugula-watermelon-and-feta-salad-recipe-1949660>

**YIELD:** 4 servings

### INGREDIENTS:

For the dressing:

- ¼ cup freshly squeezed orange juice
- ¼ cup freshly squeezed lemon juice (2 lemons)
- ¼ cup minced shallots (1 large)
- 1 Tbsp honey
- ½ cup olive oil
- 1 tsp kosher salt
- ½ tsp freshly ground black pepper

Salad:

- 6 cups baby arugula, washed and spun dry
- 1/8 seedless watermelon, rind removed and cut in 1 inch cubes
- 12 ounces good feta cheese, ½ inch diced
- 1 cup (4 oz) whole fresh mint leaves, julienned

### INSTRUCTIONS:

1. Whisk together the orange juice, lemon juice, shallots, honey, salt, and pepper.
2. Slowly pour in the olive oil, whisking constantly to form an emulsion. If not using within an hour, store the vinaigrette covered in the refrigerator.
3. Place the arugula, watermelon, feta, and mint in a large bowl. Drizzle with enough vinaigrette to coat the greens lightly and toss well. Taste for seasonings and serve immediately.

### Kate's tips and adaptations:

- Add a generous sprinkle of roasted unsalted shelled sunflower seeds- this adds crunch, healthy fat, a few grams of protein and fiber, and antioxidants (vitamin E and selenium).
- Other potential pairings that would go well with this salad: Diced fresh mango or grilled shrimp
- You can get by with less feta – the version I am making for you will have about half the amount the recipe originally calls for.
- Save time: use crumbled feta, orange/lemon juice from concentrate, precut watermelon
- Prep ahead: you can make a large batch of this salad and eat throughout the week. Leave the dressing off, layer the watermelon at the bottom of the bowl, then the greens/mint, and feta/sunflower seeds on top. This will keep liquid at the bottom so the salad does not get as soggy.