

Mint

# MINTED WATERMELON SALAD

## Ingredients:

- 4 cups watermelon, cubed
- 1 large cucumber, sliced
- 1/4 cup minced fresh mint leaves
- 1 lime, juiced

## Preparation:

1. In a medium bowl, add watermelon, cucumber & mint. Mix well.
2. Drizzle lime juice over salad. Toss to combine
3. Serve!

## Tip:

Try this fresh summer salad as a side to any meal or as a refreshing snack.

15 Min | Serves 4

Nutrition Facts	
4 servings per recipe	
<b>Serving size</b>	(252g)
Amount per serving	
Calories	<b>70</b>
% Daily Value*	
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 10mg	0%
<b>Total Carbohydrate</b> 17g	6%
Dietary Fiber 2g	7%
Total Sugars 11g	
Includes 0g Added Sugars	0%
<b>Protein</b> 2g	
Vitamin D 0mcg	0%
Calcium 59mg	4%
Iron 1mg	6%
Potassium 374mg	8%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Are calories & sodium close to a match?

1 for 1 certified

This recipe is 1 for 1 certified & meets a lower sodium standard.

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**CHOOSE HOME MADE**





# MINT

## In Season

May - October

## How to Select

Choose mint that is perky, green & free of brown, yellow, or wilted leaves.

## How to Store

Mint can last up to 10 days in the refrigerator if stems are placed in a glass filled with 1 inch of water, with the leaves & stalks covered with a plastic bag.

## Helpful Tip

Mint can be frozen & saved for later. Wash, dry & mince. Let sit for at least 1 hour to avoid clumping. Freeze in a zip-close bag up to 6 months!



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