

Watermelon Salad with Feta and Herbs

Instead of offering watermelon wedges at your next cookout, branch out with this sweet and savory watermelon salad featuring cubed watermelon, red onion, kalamata olives, mint, and feta cheese. Even with all the added flavorful ingredients, it still weighs in at only 46 calories per 1/2-cup serving.

1/2 cup chopped red onion

3 tablespoons fresh lime juice (about 2 limes)

4 cups cubed seeded watermelon

1/4 cup pitted kalamata olives

1/4 cup finely chopped fresh parsley

1/4 cup finely chopped fresh mint

1/2 cup (2 ounces) feta cheese, crumbled

Preparation

Combine onion and juice in a medium bowl; let stand 10 minutes. Add watermelon, olives, parsley, and mint. Cover and chill 1 hour. Sprinkle with cheese.