



SUMMER SALAD

Serves 6

INGREDIENTS

for the salad:

1 small seedless watermelon

12 oz sheep Feta cheese (omit in the early healing stage of the Specific Carbohydrate Diet)

5 oz arugula or baby spinach

1 serrano chili

for the vinaigrette:

1 cup olive oil

2 tbsp fresh lime juice

2 tbsp champagne vinegar

2 tbsp fresh thyme chopped

1 shallot minced

salt and pepper to taste

INSTRUCTIONS

In a small bowl, combine all of the ingredients for the vinaigrette and mix well. Season with salt and pepper.

Slice watermelon about ½ " thick then cut into 3" squares.

Stem and mince the serrano chili.

Slice Feta cheese ⅛ " thick.

Assemble the watermelon, Feta cheese, and arugula into a shallow bowl and drizzle with vinaigrette. Garnish with serrano chili.

Guten Appetit!