

WATERMELON ARUGULA SALAD

PREP & COOK TIME: 15 MIN | SERVINGS: 1

ingredients

1 cup watermelon cubes
2 cups baby arugula
2-3 mint leaves, chopped
avocado wedge, chopped
2 TB pistachio nuts
Salt & pepper to taste

Easy Lemon Dressing

1 TB olive oil
1 TB fresh lemon juice
1/2 tsp Italian seasoning
Salt & pepper

directions

1. Place watermelon, arugula & mint in large bowl.
2. Mix dressing in separate bowl or jar. Add 1-2 TB of dressing to salad. Stir to combine.
3. Add sliced avocado, a bit of salt & pepper & stir.
4. If possible, allow salad to sit for 20-30 minutes.
5. Add pistachios & serve immediately.
6. Optional - substitute 2 TB crumbled feta cheese for avocado.
(You may not need any additional salt if using feta)
7. Optional - make a larger batch of the dressing in a mason jar.
Store in the refrigerator up to a week.

[Click here to watch the YouTube cooking demo](#)

