



# MINTY WATERMELON CUCUMBER SALAD

This colorful and refreshing salad captures the fantastic flavors of summer!

*Yield: 16 Servings | Time: 20 minutes*

## INGREDIENTS

- 8 cups cubed seedless watermelon
- 2 English cucumbers, halved lengthwise and sliced
- 6 green onions, chopped
- 1/4 cup minced fresh mint
- 1/4 cup balsamic vinegar
- 1/4 cup olive oil
- 1/2 teaspoon salt
- 1/2 teaspoon pepper

## PREPARATION

1. In a large bowl, combine watermelon, cucumbers, green onions and mint. In a small bowl, whisk remaining ingredients. Pour over salad and toss to coat. Serve immediately or refrigerate, covered, up to 2 hours before serving.

### COOL AS A CUCUMBER

Cucumbers are nearly 95% water making them a great snack to stay hydrated on hot summer days!

Cucumbers are also a good source of B vitamins, folic acid, vitamin C, and potassium. They contain lignans that bind to the good bacteria in our digestive tract, reducing the risk of colon cancer.

There can be a 20 degree difference between the inside of a cucumber and the actual temperature outside...this is where the phrase “cool as a cucumber” came from! This is also why putting them over your eyes or on a sunburn can help reduce inflammation and cool the skin.