

# Recipe for

## REFRESHING CUCUMBER & WATERMELON SALAD

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EQUIPMENT NEEDED Large bowl, mixing spoon, measuring cups, cutting board, and knife.

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SERVES 4 ESTIMATED COST

\$0.88 COST PER SERVING \$3.50

### INGREDIENTS

- 2 cups cucumber, diced
- 2 cups watermelon, diced
- 1/4 cup red onion, diced (optional)
- Fresh mint or basil leaves, torn (optional)
- Juice of 1 lime
- Salt and pepper to taste

### METHOD OF PREPARATION

1. In a large bowl, combine the diced cucumber, diced watermelon, and diced red onion (if using).
2. Squeeze the lime juice over the ingredients and gently toss to combine.
3. Season with salt and pepper to taste.
4. Let the salad sit for about 10-15 minutes to allow the flavors to meld together.
5. Just before serving, sprinkle the mint or basil leaves (if using) on top.
6. Serve chilled as a refreshing and hydrating salad. Enjoy!

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### NUTRITION INFORMATION

Refreshing Cucumber and Watermelon Salad		
Nutrition Facts		
Serving Size	1 Serving	
Amount Per Serving		
<b>Calories</b>	<b>33.5</b>	
		% Daily Value*
<b>Total Fat</b>	0.2 g	0 %
Saturated Fat	0 g	0 %
Trans Fat	0 g	
<b>Cholesterol</b>	0 mg	0 %
<b>Sodium</b>	2.7 mg	0 %
<b>Total Carbohydrate</b>	8.5 g	3 %
Dietary Fiber	1.3 g	5 %
Total Sugars	5 g	
Added Sugars	0 g	0 %
<b>Protein</b>	1 g	
Vitamin D	0 mcg	0 %
Calcium	19.7 mg	2 %
Iron	0.4 mg	2 %
Potassium	194.9 mg	4 %

\* 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.

[Full Info at cronometer.com](https://www.cronometer.com) </>

### HEALTH BENEFITS

Another hydrating food with a high water content is in its name - **watermelon!** This fruit is a delicious way to stay hydrated during hot summer months. It is also rich in vitamins A and C, contains antioxidants, and provides a refreshing way to support hydration and overall health.



### HEALTH BENEFITS

**Cucumbers** are highly hydrating due to their high water content, making them an excellent choice for maintaining hydration. Additionally, they are rich in vitamins and minerals and are a good source of dietary fiber, which aids in digestion and helps promote a healthy gut.



References:

Recipe provided by Gabrielle La Chapelle

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