

REFRESHING CUCUMBER & WATERMELON SALAD

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

SERVES 4 ESTIMATED

\$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!

Maryland University of Integrative Health

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Recipe for

REFRESHING CUCUMBER & WATERMELON SALAD

NUTRITION INFORMATION

Serving Size 1 Serving Amount Per Serving		
	% D	aily Value
Total Fat	0.2 g	0 %
Saturated Fat	0 g	0 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	2.7 mg	0 %
Total Carbohydrate	8.5 g	3 %
Dietary Fiber	1.3 g	5 %
Total Sugars	5 g	
Added Sugars	0 g	0 %
Protein	1 g	
Vitamin D	0 mcg	0 %
Calcium	19.7 mg	2 %
Iron	0.4 mg	2 %
Potassium	194.9 mg	4 %

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 are a good source of dietary fiber, which aids in digestion and helps promote a healthy gut.

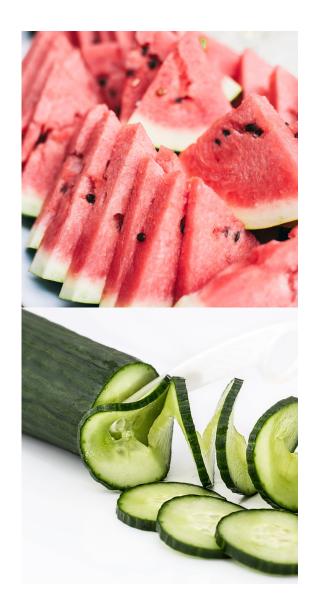
References:

Recipe provided by Gabrielle La Chapelle

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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.



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