

WATERMELON SALAD WITH BLACKBERRIES, ARUGULA, & MINT

Vegan (leave off goat cheese)
Gluten-free

INGREDIENTS

Salad

- Arugula
- Watermelon, sliced into small cubes
- Blackberries
- Walnuts or pecans (optional)
- Goat cheese
- Fresh mint
- Optional add-ons for a more wholesome meal:
 - quinoa
 - green peas
 - and/or chickpeas

Dressing (makes about 3 servings)

- ½ cup any berries (fresh OR frozen and thawed)
- 2 TBSP red wine vinegar
- 1.5 TBSP maple syrup or honey
- 1 TBSP olive oil
- 1 TBSP water

DIRECTIONS

Prepare Dressing

1. Smash and push berries through a fine mesh strainer to extract juice
2. Combine berry juice with the rest of the ingredients and mix
3. Store any extras in the refrigerator

Assemble Salad

1. Toss arugula with desired amount of dressing
2. Add watermelon cubes, blackberries, nuts, and goat cheese.
3. Roll and chop 2 mint leaves per serving and sprinkle on
4. Add salt and pepper, and garnish with additional mint leaves.
5. Enjoy!

