



Grilled Watermelon Salad

Prep: 20 minutes

Grill: 15 minutes • Serves: 6

- 1 large red onion, cut into ½-inch-thick rounds
- 3 tablespoons canola oil
- 1 seedless watermelon (about 3 to 4 pounds), rind removed, cut into 2-inch-thick half moons
- 1 cup crumbled feta cheese
- 2 tablespoons balsamic vinegar
- 1 teaspoon salt
- ½ teaspoon ground black pepper
- 2 cups arugula or baby spinach for garnish (optional)

1. Prepare outdoor grill for direct grilling over medium-high heat. Brush both sides of onion rounds with 1 tablespoon oil.

2. Place watermelon and onion on hot grill rack; cook 10 to 12 minutes or until watermelon and onion are charred, turning once halfway through cooking. Remove from grill; let stand 5 minutes.

3. Cut watermelon into about 1½-inch chunks and chop the onion. In large bowl, toss cheese, vinegar, salt, pepper, watermelon, onion and remaining 2 tablespoons oil. Serve immediately over arugula, if desired. Makes about 7 cups.

Approximate nutritional values per serving:

222 Calories, 12g Fat (4g Saturated), 22mg Cholesterol, 671mg Sodium, 24g Carbohydrates, 2g Fiber, 5g Protein