

Beyond your Scale Kitchen

Keep it easy with these simple but delicious recipes. From make-ahead lunches and midweek meals to fuss-free sides and moreish desserts, we've got everything you need.

WATERMELON SALAD

Watermelon Salad is a fresh and simple side or lunch that everyone raves about! A perfect salad; crisp juicy watermelon, buttery avocado and fresh mint are tossed with a simple dressing and topped with feta cheese. This makes the perfect potluck dish and is great added on top of a tossed salad.



Watermelon Salad

4 servings

15 minutes

Ingredients

- 2 tbsps Maple Syrup
- 1/2 Lime (juiced)
- 2 tbsps Extra Virgin Olive Oil
- 1/4 tsp Sea Salt
- 1/2 Seedless Watermelon (diced into cubes)
- 1 Cucumber (diced)
- 1 Avocado (ripe)
- 1 cup Mint Leaves
- 1 cup Feta Cheese (crumbled)

Directions

- 1 In a small mason jar, combine maple syrup, lime juice, olive oil and salt. Cover with lid, shake to combine and set aside. Leave a little lime juice for avocado.
- 2 Dice avocados and place in a large bowl. Squeeze lime juice over avocado and stir.
- 3 In a serving bowl, combine chopped watermelon, cucumber, avocado, mint and feta.
- 4 Divide into bowls and drizzle with desired amount of dressing. Enjoy!

Notes

Make it Greek: Add thinly sliced red onion and black olives.

More Protein: Add edamame, ground flax, hemp hearts or serve with a grilled chicken breast.

More Greens: Add more fresh herbs, arugula or chopped basil.

Watermelon Size: This recipe was developed and tested using a 5 lb. watermelon.

Optional: Leave out avocado to reduce calories.