

**Boston Medical Center  
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263  
Food Demonstration Kitchen: (617) 414-3840 [www.bmc.org](http://www.bmc.org)



**Watermelon with Basil and Feta Cheese**  
**Makes 8 ½-cup servings**

**Ingredients:**

2 Tbsp balsamic vinegar  
2 Tbsp olive oil  
3 Tbsp fresh basil, chopped  
¼ tsp salt  
¼ tsp black pepper  
4 cups watermelon, cut in chunks  
2 Tbsp feta cheese

**Directions:**

Combine vinegar, oil, 2 Tbsp basil, salt and pepper in a bowl, and mix well. Add watermelon, and gently toss to coat evenly. Top with feta cheese and garnish with remaining chopped basil leaves.

**Serving suggestions:** Try this with a mixture of other fresh summer fruits such as strawberries, cantaloupe and peaches.

For a quicker recipe, use a pre-made bottled Balsamic Vinaigrette and just add the watermelon, basil and feta cheese.

**Nutritional Information per serving:**

Calories: 57	Carbohydrates: 7 g
Total Fat: 4 g	Cholesterol: 2 mg
Saturated Fat: 1 g	Dietary Fiber: 1 g
Sodium: 101 mg	Protein: 1 g