



Summer Watermelon Arugula Salad



Entire recipe: 161 calories, 6.5g total fat (4g sat. fat), 360mg sodium, 20.5g carbs, 3g fiber, 14.5g sugars, 8g protein

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Prep: 5 minutes



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Ingredients

2 cups baby arugula
1 cup cherry tomatoes, halved
1 cup chopped seedless (or seeded) watermelon
1/4 cup crumbled feta cheese
2 tsp. lemon juice
Optional seasonings: salt and black pepper

Directions

In a medium bowl, combine all ingredients. Lightly toss to mix.

MAKES 1 SERVING

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