



Watermelon and Feta Skewers

Optum Global Solutions

Prep time: 15 mins Cook time: 0 mins Total time: 15 mins

Serves 12

Ingredients:

2 cups (250 gms) feta cheese, cut into small cubes
6 cups (750 gms) fresh watermelon, cut into same-sized cubes
24 small mint leaves (torn in half to uniform size)
Sea salt
Freshly ground pepper
2 tablespoons (30 mL) balsamic vinegar
2 tablespoons (30 mL) extra-virgin olive oil
Wooden toothpicks

Instructions:

1. Thread a cube of watermelon onto a skewer, add a mint leaf and finish with a cube of feta cheese. Repeat until you have 24 skewers and set the completed skewers on a platter.
2. Drizzle with olive oil, sea salt, freshly ground pepper and balsamic vinegar. Serve.

Nutrition:

Serving size 2 skewers

Calories: 96
Sugar: 5g
Sodium: 240mg
Total Fat: 7g
Carbohydrates: 6g
Fiber: 0g
Protein: 3g
Cholesterol: 18mg