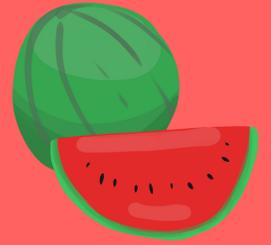




AUGUST 2021 | UBC ACTIVE KIDS

August Newsletter

UBC Active Kids



REFRESHING FRUIT SALAD

The weather is hot, and the last place you want to be is in a hot kitchen. A great way of beating the heat is by making these fun fruit salads with your kids that everyone will enjoy! This watermelon salad is refreshing, light, and delicious.

Fun tip: To involve kids of any age, cut the watermelon in half and then use an icecream scooper to scoop the watermelon into small balls for the salad! If the scoops are too big, you can cut them in halves or quarters.



<https://www.seriousseats.com/watermelon-feta-mint-salad-recipe>

INGREDIENTS

- 3 pounds seedless watermelon (about 1 small or 1/4 large), rind removed, cut into 1-inch chunks
- 1 tbsp (15ml) juice from 1 lemon, plus 4 (2-inch) strips zest, removed with a sharp vegetable peeler
- 1/4 cup (10g) roughly chopped fresh mint leaves
- 3 tbsp (45ml) extra-virgin olive oil, plus more for drizzling
- Up to 4 oz arugula leaves (optional)
- Dash of salt and freshly ground black pepper to taste
- 4 oz (110g) feta cheese

****This salad also tastes great with a bit of balsamic reduction drizzled over top!***

INSTRUCTIONS

1. Place watermelon chunks in a large bowl. Finely chop lemon zest. Add lemon juice and half of zest to bowl with watermelon. Add mint, oil, and arugula (if using) and toss until watermelon is evenly dressed. Season lightly to taste with salt and pepper. (The cheese will add saltiness, so go light on the salt at this stage.)
2. Transfer salad to a wide, shallow bowl or a large plate and spread out evenly. Crumble feta over the top. Sprinkle with remaining lemon zest. Drizzle with more olive oil and a few grinds of black pepper. Serve immediately.

Recipe by J. Kenji López-Alt on Serious Eats