

Watermelon Salad

Prep Time

10 min

Cook Time

0 min

Servings

4

INGREDIENTS

- 3 cups watermelon, cubed
- 1.5 cups cucumber, sliced
- 2 tbsp mint, chopped
- 1/3 cup feta cheese, crumbled

Dressing:

- 3 tbsp extra virgin olive oil
- 1 tbsp lime juice
- Salt and pepper to taste

DIRECTIONS

1. Place watermelon, cucumber, and mint in a large bowl.
2. Whisk olive oil, lime juice, and salt and pepper.
3. Drizzle dressing over mixture and mix to coat.
4. Sprinkle with feta cheese.



Nutrition Info

Per Serving

Calories 168

Fat 3 g

Protein 2 g

Total Carbohydrates 10 g

Fiber 1 g

Sugars 8 g

Sodium 142 mg

Chickpea Salad

Prep Time

15 min

Cook Time

0 min

Servings

6

INGREDIENTS

- 2 cans chickpeas, rinsed and drained
- 1 small red onion, chopped
- 1 red pepper, chopped
- 2 stalks celery, chopped
- 1 clove garlic, minced
- 1/2 tsp crushed red pepper flakes
- 2 tbsp rosemary, chopped
- 2 tbsp red wine vinegar
- 3 tbsp extra virgin olive oil
- Salt and pepper to taste

DIRECTIONS

1. Combine chickpeas, onions, peppers, celery, garlic, red pepper flakes, and rosemary in a bowl.
2. Drizzle with vinegar and oil, and salt and pepper to taste.



Nutrition Info

Per Serving

Calories 220

Fat 16 g

Protein 4.9 g

Total Carbohydrates 15.2 g

Fiber 4.9 g

Sugars 3.8 g

Sodium 128 mg

Orzo Salad

Prep Time

10 min

Cook Time

10 min

Servings

8

INGREDIENTS

- 2 cups broth, low sodium
- 2 cups water
- 1.5 cups orzo
- 1 can chickpeas, drained and rinsed
- 1.5 cups cherry tomatoes, halved
- 3/4 cups red onion, finely chopped
- 1/2 cup fresh basil leaves, chopped
- 1/4 cup fresh mint leaves, chopped
- Salt and pepper to taste

Red Wine Vinaigrette:

- 1/2 cup red wine vinegar
- 1/4 cup fresh lemon juice
- 2 tsp honey
- 2 tsp salt
- 3/4 tsp black pepper
- 1/2 cup extra virgin olive oil

DIRECTIONS

1. Bring broth and water to a boil in a saucepan. Stir in orzo and cook until tender, approximately 7 minutes. Drain orzo and transfer to a bowl. Allow to cool completely.
2. Red wine vinaigrette: Mix all vinaigrette ingredients in a blender or whisk together.
3. Toss orzo with chickpeas, tomatoes, onion, basil, mint, and vinaigrette to coat. Season to taste.



Nutrition Info

Per Serving

Calories 295

Fat 14 g

Protein 3.9 g

Total Carbohydrates 35.4 g

Fiber 3.4 g

Sugars 4.9 g

Sodium 869 mg