

Summer Salads!

Watermelon Salad

Prep time: 10 min

Cook time: 0 min

Servings: 4

Ingredients:

- 3 cups watermelon, cubed
- 1.5 cups cucumber, sliced
- 2 tsbp mint, chopped
- 1.3 cup feta cheese, crumbled
- 3 tsbp olive oil
- 1 tsbp 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. Sprinkle with feta.

Source: www.dinneratthezoo.com/watermelon-salad/



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, chipped
- 2 stalks celery, chopped
- 1 clove garlic, minced
- ½ tsp crushed red pepper flakes
- 2 tsbp rosemary, chopped
- 1 clove garlic, minced
- 2 tsbp red wine vinegar
- 3 tsbp extra-virgin olive oil
- Salt and pepper to taste



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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.

Source: <https://www.foodnetwork.com/recipes/rachael-ray/chickpea-salad-recipe-1941165>

Orzo Salad

Prep time: 10 min

Cook time: 0 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
- ¾ cups red onion, finely chopped
- ½ cup fresh basil leaves, chopped
- ¾ cups red wine vinegar
- Salt and pepper, to taste

Red wine vinaigrette

- ½ cup red wine vinegar
- ¼ cup fresh lemon juice
- 2 tsp honey
- 2 tsp salt
- ¾ tsp black pepper
- ½ cup extra-virgin olive oil



Directions:

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

Adapted from: <https://www.foodnetwork.com/recipes/giada-de-laurentiis/orzo-salad-recipe-1944175>



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