



## Cooking For Caregivers

August 16, 2019



## Grilled Watermelon Salad

### Salad Ingredients:

Watermelon Cut into Chunks Grilled (can use already cut chunks from the grocery store)  
Feta Cheese or Goat Cheese  
Arugula (peppery lettuce)  
Fresh Mint

### Dressing Ingredients:

1 Cup Blueberries  
1 Cup Balsamic Vinegar

### Preparations:

Yes, grill the Watermelon chunks. Gas or Charcoal Grill will work. Get the grill hot then place the watermelon on the grill until you see grill marks. Let Watermelon cool then place on a bed of your favorite lettuce. Add Goat Cheese or Feta Cheese crumbles, add chopped mint.

For the dressing: place berries and vinegar in a Food Processor and puree until berries are incorporated with the vinegar. Spoon over salad! \

Eat and Enjoy!

