
Watermelon Feta Salad With Green Goddess Dressing

4 portions

1 cup watermelon, cubed
1/2 cup feta cheese, cubed or crumbled
1/4 cup pickled red onions
1 heirloom tomato, chopped (or heirloom grape tomatoes, halved or quartered)
1/2 cup seedless cucumber, sliced
1 tbsp. toasted sunflower seeds or pumpkin seeds
6 mint leaves, lightly torn
6 basil leaves, lightly torn
1 large handful of mixed greens (about 4 cups)
Green goddess dressing
2 tsp. capers
Zest and juice of one lemon
1/4 cup plain Greek yogurt
1 tbsp. maple syrup (preferably local)
1/2 tbsp. whole grain mustard
2 cloves peeled garlic
1 tbsp. extra virgin olive oil
2 tbsp. white wine vinegar
6 large basil leaves
4 mint leaves
1 tbsp. fresh dill
2 tbsp. parsley
1 tbsp. chives, chopped

- 1** Place all dressing ingredients into a blender and blend until smooth. Adjust seasoning as desired, then set aside.
- 2** Place prepared watermelon, cucumber, tomato and feta into bowl. Add mixed greens, torn herbs and ³/₄ of the dressing, then lightly toss to combine.
- 3** Drizzle remaining dressing around a serving plate, then transfer salad on top. Finish with a sprinkle of sunflower seeds and enjoy!

Salt and pepper to taste