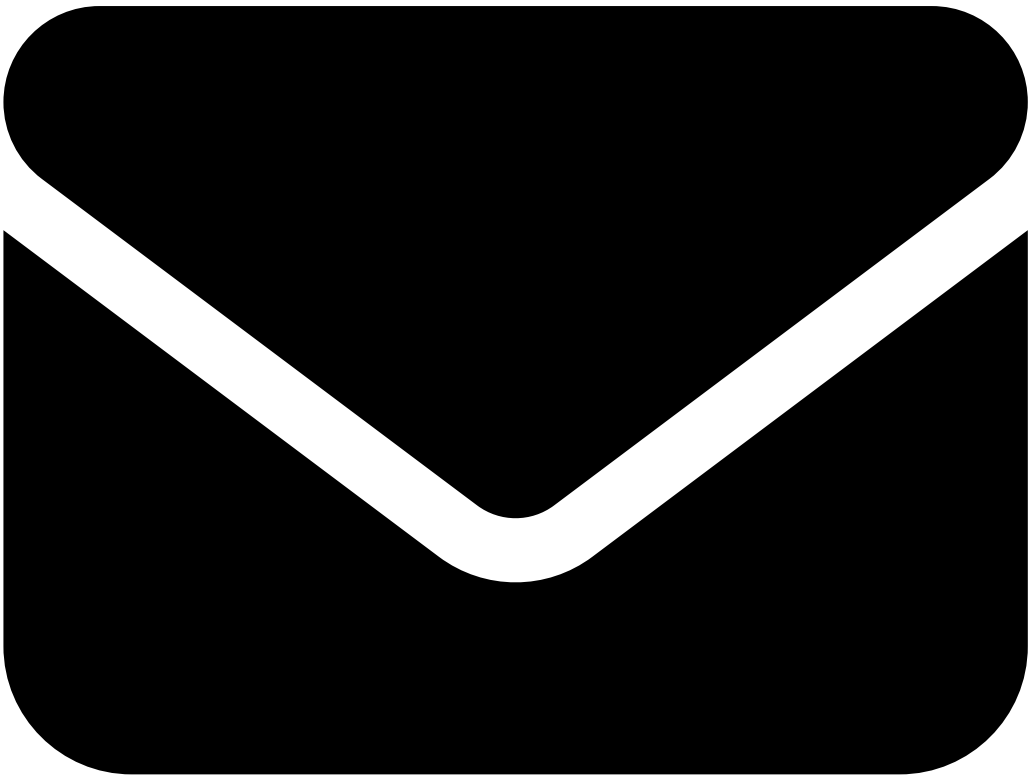
Watermelon Cucumber Feta Salad

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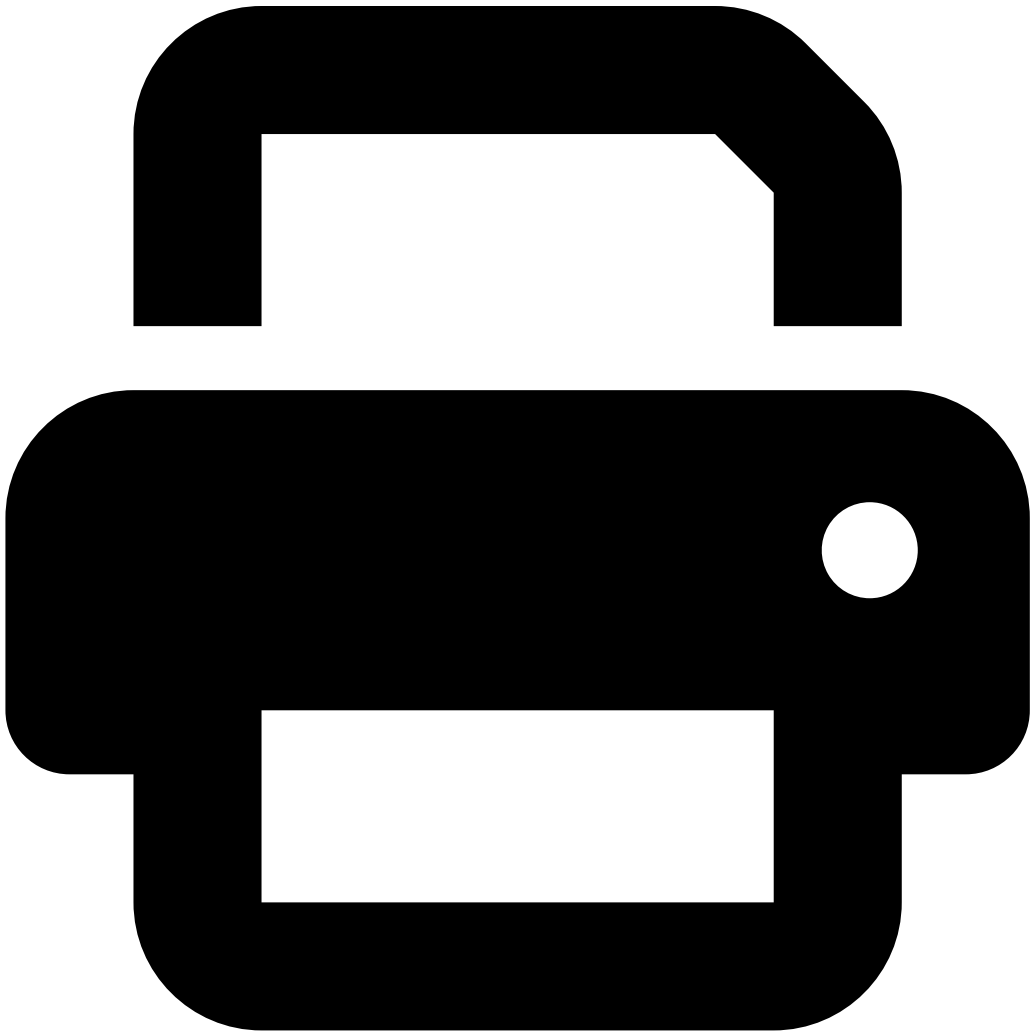
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SMS



Watermelon cucumber Feta Salad with Lemon-Honey Dressing

When the weather warms up and watermelon starts showing up in every market bin, I can’t help but crave this bright and refreshing salad. This **Watermelon Cucumber, feta salad with and Lemon-Honey Dressing** is one of my go-to dishes during the warmer months. It’s light, vibrant, and incredibly refreshing—with just the right balance of sweet, salty, and tangy.

If you’ve never paired juicy watermelon with creamy feta before, you’re in for a delightful surprise. The sweetness of the melon plays beautifully against the salty bite of the cheese, while crisp cucumber and paper-thin red onions add texture and a little zip. The real magic, though, is in the **simple lemon-honey vinaigrette**, which brings everything together with a bright, citrusy finish.

Whether you’re hosting a backyard BBQ, heading to a picnic, or just need a quick and beautiful side dish to serve with grilled chicken or seafood, this salad is always a hit. It comes together in minutes, looks gorgeous on the table, and tastes like summer in a bowl.

Things to know about this Watermelon Cucumber Feta Salad

The key to making this salad truly shine is starting with a perfectly ripe, sweet watermelon. Look for one that feels heavy for its size, has a creamy yellow spot on one side (that’s the field spot—where it rested on the ground and ripened in the sun), and gives a deep, hollow sound when tapped. Avoid melons with shiny skin or white streaks, which can indicate under ripeness. A good watermelon should smell slightly sweet at the stem end and feel firm all over—no soft spots or bruises.

Because the watermelon is the star of this dish, its natural sweetness balances the salty feta and tangy lemon-honey dressing beautifully. Using a bland or underripe melon can really dull the salad, so take a few extra minutes at the market to choose the best one. If you can, cut into it before assembling the salad and taste a piece—juicy and flavorful is the goal! If you love salads as much as I do , try this cucumber tomato avocado salad or my five star Caesar salad

Watermelon Cucumber Feta Salad



A refreshing watermelon cucumber feta salad combining juicy watermelon, crisp cucumber, creamy feta, and fresh herbs for a light and flavorful summer salad.

For the Salad:

- 4 cups watermelon (cubed (seedless))
- 1 English cucumber (thinly sliced (or 2 Persian cucumbers))
- ½ small red onion (thinly sliced)
- ¾ cup feta cheese (crumbled or cubed)
- ¼ cup fresh mint leaves (torn)
- Salt & freshly cracked black pepper (to taste)

For the Dressing:

- 3 tablespoons extra virgin olive oil
- 1½ tablespoons fresh lemon juice
- 1 tablespoon honey
- ½ teaspoon Dijon mustard (optional, helps emulsify)
- Pinch of salt

1. **Make the Dressing:** In a small bowl or jar, whisk together the olive oil, lemon juice, honey, Dijon mustard (if using), and a pinch of salt. Set aside.
2. **Prep the Salad:**In a large bowl, combine the cubed watermelon, cucumber slices, and thinly sliced red onion.
3. **Dress and Toss:** Drizzle the dressing over the salad and

gently toss to combine. Taste and adjust salt if needed.

4. **Add the Feta & Mint:** Gently fold in the crumbled feta and fresh mint just before serving to keep the texture light and fresh.
5. **Serve Immediately:** Best served chilled, immediately after mixing. (If making ahead, keep the watermelon mixture and dressing separate until ready to serve.)
6. Soak the red onion slices in cold water for 10 minutes to mellow their sharpness.

   Add a handful of arugula or baby spinach for a peppery twist.

   For extra zing, finish with a sprinkle of chili flakes or a drizzle of balsamic glaze

Salad
Mediterranean
watermelon cucumber feta salad,