

Watermelon, feta, and balsamic vinegar salad with mint

¼ to ½ watermelon (seedless preferred), cut into chunks or scooped with melon baller.

Feta cheese, right amount, crumbled over watermelon

Balsamic Vinegar, right amount drizzled over

Fresh mint from garden, washed and cut into pieces.

Mix all ingredients together and serve.

This is a wonderful, yummy, super easy summer salad. It is very cooling overall, good for a hot summer's day or after working outside. The feta gives some protein and well as being tonifying.

This is a very balanced salad.

Ingredient Properties

Watermelon- Cold, sweet. Cools summer heat.

Feta- A traditional Greek cheese made from goat & sheep's milk. Warm to neutral thermal nature, sweet/sour/salty flavor. Supplements and moves qi, warms the stomach/spleen and nourishes yin.

Balsamic Vinegar- Warming. Sour/slightly acrid/sweet. Moves energy of stomach/spleen pancreas, improves circulation, stimulates gastric juices.

Peppermint- Cooling. Acrid/slightly sweet. Cools heat, loosens phlegm

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