



Cucumber Watermelon Salad



Ingredients

- 2 Tbsp Lime juice
- 2 Tbsp Granulated sugar
- 1/2 tsp Salt
- 1/4 cup Fresh parsley, minced
- 1 Cucumber
- 3 cups Watermelon, cubed

Supplies & Equipment

- Knife
- Cutting board
- Measuring cups
- Measuring spoons
- Whisk
- Medium mixing bowl
- Large mixing spoon

Directions

1. Combine the lime juice, sugar, and salt in a medium mixing bowl; whisk together. Stir in parsley.
2. Cut the cucumber: begin by removing both ends. Cut lengthwise, then crosswise to make thin half moon slices. Add the slices into the bowl and mix with a large mixing spoon to coat.
3. Add cubes of watermelon and gently stir to combine.
4. Cover the bowl and allow watermelon juices to mix with other juices - let stand at room temperature for one hour before serving.

*Recipe found at eatright.org

MICHIGAN STATE
UNIVERSITY

HURLEY
CHILDREN'S
HOSPITAL

PEDIATRIC PUBLIC HEALTH INITIATIVE