



WATERCREST

SENIOR LIVING



The Chef's Corner

Watermelon Feta Salad

Excellence in dining and wellness at Watercrest has been accomplished through our partnerships with local vendors and suppliers. We are committed to sourcing produce, seafood and meats from all of our community's local marketplace. In addition to supporting our neighbors, this provides our residents and guests with the freshest seasonal ingredients and minimizes the impact on the environment. These strong community ties supply nutrient rich foods which are then incorporated with fresh herbs from our own community garden. Local plant and animal products provide our residents with healthier, better-tasting food with less fossil fuel and energy consumption.

The culinary teams at Watercrest strive to offer new and innovative nutritious varieties by adding locally sourced superfoods into our menus. Our Watermelon, Arugula and Feta Salad has become a favorite amongst our residents. Try our chef recipe in your home today!

Chef's Recipe: Watermelon, Arugula and Feta Salad

Ingredients:

- ¼ cup freshly squeezed orange juice
- ¼ cup freshly squeezed lemon juice (2 lemons)
- ¼ cup minced shallots (approx. 1 large shallot)
- 1 tablespoon honey
- ½ cup olive oil
- 1 teaspoon kosher salt
- ½ teaspoon freshly ground black pepper
- 6 cups baby arugula, washed and spun dry
- ⅛ seedless watermelon, rind removed and cut in 1-inch cubes
- 12 ounces feta cheese, ½-inch diced
- 1 cup (4 ounces) whole fresh mint leaves, julienned

Directions:

Whisk together orange juice, lemon juice, shallots, honey, salt, and pepper. Slowly pour in olive oil, whisking constantly to form an emulsion. If not using within an hour, store the vinaigrette covered in the refrigerator. Place the arugula, watermelon, feta, and mint in a large bowl. Drizzle with enough vinaigrette to coat the greens lightly and toss well. Taste for seasonings and serve immediately.