

# WATERMELON FENNEL SALAD

*Gluten Free, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian*

Serves: 8 (1/2 cup) servings

## Nutrition (per serving)

Calories: 60

Total Fat: 3.5 g

Saturated Fat: 1 g

Sodium: 90 mg

Total Carbohydrate: 6 g

Dietary Fiber: 1 g

Total Sugars: 4 g

Added Sugars: 0 g

Protein: 2 g

PREP TIME: 20 min

COOK TIME: 25 min

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**TOTAL TIME: 45 min**



## Ingredients

- 3 ½ cups seedless watermelon, cut into 1-inch cubes
- 1/3 cup fennel, thinly sliced (about 2-3 millimeters thick)
- ¼ cup chopped walnuts
- ¼ cup crumbled goat cheese
- 1 Tablespoon fresh lemon juice
- 1 teaspoon fresh thyme leaves
- ¼ teaspoon table salt

## Directions

1. In a medium sized bowl, add watermelon, fennel, walnuts, goat cheese, lemon juice, thyme leaves, and salt.
2. Lightly toss mixture then add to desired serving dish.