



LOCAL FOOD OLYMPICS

Chilled Watermelon Cucumber Feta Salad

Contributed by Nancy Smith

Ingredients

Salad

4 cups chilled seedless watermelon,
diced large
1 medium chilled cucumber, peeled and
diced
1/4 cup (1 oz) crumbled feta
1 tablespoon fresh mint (or basil) leaves,
thinly sliced
Balsamic glaze (see right)

Balsamic Glaze

4 parts balsamic vinegar to 1 part brown sugar

Instructions

Balsamic Glaze: Bring vinegar to a boil over medium heat, stirring in sugar. When sugar is fully dissolved, decrease heat to low and continue cooking until volume reduces by half (approximately 20 minutes for 2 cups). The finished glaze should coat the back of a spoon.

Salad: Toss watermelon, cucumber and feta in a large bowl. Offer mint and balsamic glaze on the side so people can season to taste.