



A RED SOX FOUNDATION AND
MASSACHUSETTS GENERAL HOSPITAL PROGRAM



Watermelon, Feta, and Mint

Serves 3

Ingredients:

1.5 lbs watermelon, cut into cubes (~5 cups)
½ cup feta, drained and crumbled
¼ cup fresh mint, thinly sliced
2 tbsp extra virgin olive oil
½ tsp ground black pepper

Directions:

1. Mix together the watermelon, feta, and mint in a large bowl.
2. Drizzle extra virgin olive oil on top. Season with black pepper as desired.



Nutrition Tips:

1. Watermelon is an excellent fruit to incorporate in your diet, particularly as it is hydrating and full of fiber, which supports gut health and keep you full and satisfied.
2. This recipe can be used as an appetizer, dessert, or snack.

Source:

Nicolette Maggiolo is the Registered Dietitian for Home Base, a Red Sox Foundation and Massachusetts General Hospital Program, where she provides individual and group nutrition counseling to veterans and their families. Originally from New York, Nicolette brings her love of cooking, fitness and an integrative approach as she supports patients with individualized nutrition plans.