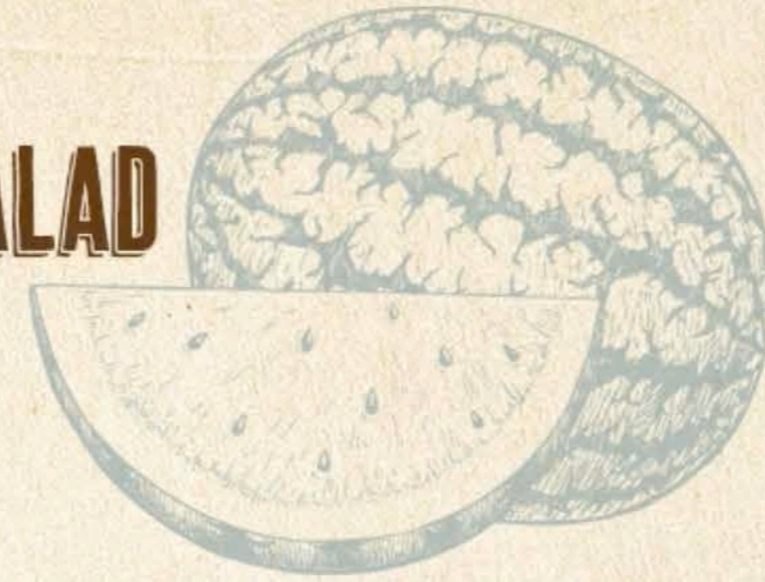


FR. FRANK'S GRILLED WATERMELON SALAD



Ingredients:

- ✦ ½ Medium watermelon
- ✦ 3 Tbsp extra virgin olive oil
- ✦ 2 Cups rocket/arugula
- ✦ 1 Cup crumbled or cubed feta cheese
- ✦ 1 Medium red onion chopped
- ✦ 3 Tbsp chopped fresh mint
- ✦ 3 Tbsp chopped fresh basil
- ✦ 1 Tbsp tsp balsamic vinegar
- ✦ 1 Tsp dijon mustard
- ✦ Salt and pepper to taste



FR. FRANK'S GRILLED WATERMELON SALAD



Instructions:

1. Remove the rind and cut watermelon into one-inch slices. Brush watermelon with half of the EVOO.
2. With the grill on medium high cook watermelon until charring occurs about 3 to 4 minutes each side.
3. Remove from heat and cut into large chunks.
4. In a large bowl, gently combine watermelon, arugula, feta, red onion, mint, and basil.
5. Whisk together remaining EVOO, balsamic, mustard, salt, and pepper.
6. Gently combine with the rest of the salad. Serve chilled.

