

Watermelon, Mint, Feta & Arugula Salad

Amy Symington

Preparation Time: 15 minutes

Ingredients

6 servings

1 small (750 g) watermelon, rind and seeds removed and cut into ½-inch cubes
½ bunch (15 g) mint, chiffonade
6 cups (155 g) arugula

Dressing

350 g package extra firm tofu, drained and crumbled
1 tbsp (6 g) lemon zest
¼ cup (60 ml) fresh lemon juice, approximately 1 lemon
¾ cup (85 g) thinly sliced red onion
2 garlic cloves (6 g), pureed
¼ cup (60 ml) red wine vinegar
¼ cup (20 g) chopped fresh basil
3 tbsp (45 ml) olive oil
½ tsp (1 g) black pepper (optional)
1 tsp (5 g) salt

Garnish

¾ cup (85 g) toasted walnuts, chopped

24 servings

1 large (3 kg) watermelon, rind and seeds removed and cut into ½-inch cubes
2 bunches (60 g) mint, chiffonade
24 cups (620 g) arugula

Dressing

4 (350 g) packages extra firm tofu, drained and crumbled
¼ cup (24 g) lemon zest
¾ cup (180 mL) fresh lemon juice, approximately 4 lemons
3 cups (340 g) thinly sliced red onion
8 garlic cloves (24 g), pureed
1 cup (250 ml) red wine vinegar
1 cup (25 g) chopped fresh basil
½ cup (125 ml) olive oil
2 tsp (4 g) black pepper (optional)
4 tsp (20 g) salt

Garnish

3 cups (340 g) toasted walnuts, chopped

Directions

1. In a large bowl, combine all salad ingredients and set aside.
2. Next in a medium bowl, combine all dressing ingredients. Allow to marinate for 20 minutes.
3. When ready to serve, add dressing to salad and toss. Garnish with walnuts.

Tips:

- 1) Toast walnuts at 375°F (190°C) for 6 minutes, stirring at 3 minutes.
- 2) To enjoy this salad when watermelons are out of season, add 1 tbsp (15 ml) of maple syrup to the dressing to enhance the sweetness.

Nutritional Information

Nutrition Facts	
Valeur nutritive	
Per 2 cups (231 g) par 2 tasses (231 g)	
Calories 250	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 19 g	25 %
Saturated / saturés 2 g	10 %
+ Trans / trans 0 g	
Omega-3 / oméga-3 1.5 g	
Carbohydrate / Glucides 7 g	
Fibre / Fibres 2 g	7 %
Sugars / Sucres 8 g	8 %
Protein / Protéines 9 g	
Cholesterol / Cholestérol 0 mg	
Sodium 350 mg	15 %
Potassium 300 mg	6 %
Calcium 175 mg	13 %
Iron / Fer 2.25 mg	13 %
Vitamin A / Vitamine A 40 mcg	4 %
Vitamin C / Vitamine C 18 mg	20 %
Vitamin E / Vitamine E 1.25 mg	8 %
*5% or less is a little , 15% or more is a lot	
*5% ou moins c'est peu , 15% ou plus c'est beaucoup	

Intro: This is summer in a bowl: fresh, crisp, sweet, refreshing and colourful. The sweet juicy watermelon cut with salty tofu feta and topped off with peppery arugula will have you sharing this nutrient dense recipe far and wide.

Symbols: high source of fibre, good for bowel motility, nausea and fatigue, high protein, kid friendly, good for all seasons, easy to swallow, nut free, gluten free, soy free, freezable, make ahead meals

Functional foods present: red fruit (watermelon), leafy greens (mint, arugula, basil), soy, citrus fruit (lemon), red vegetables (red onion), nuts (walnuts)

Examples of phytonutrients and anti-oxidants present: lycopene (watermelon), carotenoids (leafy greens), isoflavones (soy), polyphenols (red vegetables), omega 3 fatty acids (walnuts)

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Chef Amy Symington is Gilda's Club Toronto's Nutrition Coordinator and a George Brown College Chef. All author proceeds from The Long Table Cookbook are being donated to Gilda's Club Greater Toronto to support their important social, emotional and nutritional programming.

“In the nutrition world, it is becoming more and more apparent that we do, in fact, have a say in how our health turns out. Sound nutrition, which includes whole, plant-based foods, is more important than is sometimes credited by your average healthcare institution. Supplying the general population with the practical tools to steer themselves and their loved ones toward optimal health is what I strive for every day of my wonderful existence. My aim is to inspire.”

– Amy Symington