

WATERMELON SALAD with BERRY BALSAMIC POPPY SEED VINAIGRETTE

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Photo: Love + Craft Kitchen

Makes: 6 - 8 servings

INGREDIENTS

1 seedless watermelon (3 - 4 pounds), rind removed and fruit cubed into bite-sized pieces
1-pint fresh blueberries or blackberries, or combination, washed
3 - 4 kiwis, peeled, halved and sliced
Berry Balsamic Poppy Seed Vinaigrette (recipe follows)
4 - 6 oz Feta cheese, crumbled
Chopped nuts, optional (hazelnuts, almonds, pecans, or another favorite)
Mint leaves, optional garnish

DIRECTIONS

1. Equally divide and arrange the watermelon, blueberries, and kiwi among small individual serving bowls or plates,
2. Drizzle lightly (approximately 1 - 1 ½ tablespoons) with Berry Balsamic Poppy Seed Vinaigrette for each bowl.
3. Top with a sprinkle of feta cheese. Garnish with chopped nuts and mint leaves, if desired. Serve immediately.

SHRIMP or CHICKEN-WATERMELON-BLUEBERRY ENTRÉE SALAD:

1. Toss Butter, Bibb, or Leaf lettuce and a few thinly sliced onions with a small amount of the vinaigrette to lightly coat. Create a bed of dressed lettuce on a serving plate.
2. Arrange watermelon and blueberries on top of the lettuce.
3. Add grilled shrimp or sliced chicken breast on top of the fruit.
4. Drizzle another small amount of the vinaigrette over the top.
5. Finish with a sprinkling of feta cheese and chopped nuts, if desired

BERRY BALSAMIC POPPY SEED VINAIGRETTE

Makes approximately 3/4 cup

INGREDIENTS

½ cup extra virgin olive oil

¼ cup berry balsamic vinegar (suggest blackberry, blueberry or strawberry)

½ teaspoon minced shallot

½ teaspoon dry mustard

¼ teaspoon dried basil

1 teaspoon poppy seeds

1/8 teaspoon kosher salt

pinch freshly ground black pepper

DIRECTIONS

1. In a small bowl, whisk together the olive oil, vinegar, shallot, mustard and basil until emulsified.
2. Add the poppy seeds, salt and pepper and whisk until combined.
3. Serve immediately or refrigerate for later use.

NOTE:

Refrigerated vinaigrette may become semi-solid. Bring to room temperature approximately 20 - 30 minutes prior to serving. Whisk together when ready to use.