WATERMELON SALAD with BERRY BALSAMIC POPPY SEED VINAIGRETTE Susan Denzer, Chef and Culinary Consultant Love + Craft Kitchen www.loveandcraftkitchen.com





Photo: Love + Craft Kitchen

Makes: 6 - 8 servings

Jazz up your summer weeknight or weekend menus by serving this cool, refreshing salad as either a side or entree. The sweetness of fresh, perfectly ripened watermelon combined with the tanginess of feta cheese creates a welcome flavor explosion that compliments picnic fare or serves as a satisfying stand-alone treat.

Take it to the next level with the addition of grilled shrimp or chicken on a bed of fresh greens to create a fun and enticing entrée.

The Berry Balsamic Poppy Seed Vinaigrette plays nicely with many fruits and leafy greens so is a great addition to your repertoire. Enjoy them all!

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

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BERRY BALSAMIC POPPY SEED VINAIGRETTE

Makes approximately 3/4 cup

INGREDIENTS

1/2 cup extra virgin olive oil

1/4 cup berry balsamic vinegar (suggest blackberry, blueberry or strawberry)

¹/₂ teaspoon minced shallot

¹/₂ teaspoon dry mustard

1/4 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.