



# LIFE IS SHORT... EAT WATERMELON

## RECIPE | WATERMELON W/ MINT YOGURT AND SUMAC

### Ingredients:

1 medium watermelon, peeled and cut into large cubes or wedges  
Mint yogurt (recipe below)  
2 teaspoons Sumac spice  
Fresh mint leaves, roughly chopped  
1 cup toasted sunflower seeds  
Sea salt

### TO COMPOSE THE SALAD:

Place the yogurt dressing in a large salad plate and spread throughout the entire surface of the bowl. Place the watermelon pieces on the top of the yogurt dressing. Top the watermelon with sumac, fresh mint leaves, toasted sunflower seeds, and a touch of sea salt. Eat.

## RECIPE | MINT YOGURT

Makes 2 cups

### Ingredients:

1 pint of low fat Greek yogurt  
1 tablespoon chopped mint  
1 tablespoon of honey  
1 teaspoon orange zest  
Salt to taste  
Cracked black pepper to taste

Combine all the ingredients in a bowl and mix until well combined.

## CHEF TIPS

Sumac is a Middle Eastern spice with peppery and citrus flavors. It is great sprinkled on grilled or roasted meats, fish, and vegetables.

### Variations for this salad:

- 1) add fresh avocado and heirloom tomatoes
- 2) add thinly sliced good quality salami





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## RECIPE | WATERMELON SPRITZER W/ ROSEMARY AND CITRUS

### Ingredients:

- 2 cups watermelon chunks, seedless
- 1 tablespoon of sugar
- 2 cups of white wine
- 1 cup of carbonated water or club soda
- Fresh rosemary
- Watermelon and citrus wedges to garnish

Place the watermelon chunks and sugar in a blender and process until well blended. Pass the processed watermelon through a strainer. Discard the watermelon pulp and place the strained juice in a pitcher. Add the wine and club soda to the juice. Serve over ice and garnish with rosemary, watermelon, and citrus.

