



# *Watermelon, Arugula, & Cucumber Salad*

5 cups arugula

2 cups large dice watermelon

1 English cucumber, diced

2 T. fresh mint, minced

1/3 cup crumbled feta cheese or go plant based with Daiya Monterey Jack Cheese, diced.

1 small shallot, thinly sliced and roughly chopped

Balsamic vinegar

Black pepper

In a large bowl, add arugula, watermelon, cucumber, mint, cheese, shallot, and black pepper. Toss to mix well. Dress with balsamic vinegar.

## *How to choose a good balsamic vinegar:*

**When determining which balsamic vinegar to purchase**, look for these indicators in the list of ingredients or on the bottle. These are listed in order of highest-quality/price to lowest.

### **Grape must, Tradizionale**

Age should be minimum 12 years. This vinegar will be thick and have complex and sweet flavors. It is used as a finishing condiment – served with cheese or fruit, in desserts and as a special seasoning for steak and fish.

### **Grape must, vinegar**

Age unknown. This vinegar has complex and medium-sweet flavors. It is used as a finishing condiment.

### **Grape must, vinegar, caramel**

Little or no aging. This vinegar will be thin with a sweet-and-sour flavor. This is an all purpose vinegar.

### **Vinegar, caramel, artificial flavors**

Little or no aging. This vinegar will be sour and thin. It is primarily used for deglazing or reducing down to make a balsamic reduction.

Depending on the brand, there are many variations when it comes to labeling, just keep in mind the order in which the ingredients are listed – if “must” is first, this is a good start.