

## WATERMELON AND ARUGULA CHICKEN SALAD

Yield: 4 Time: 14 min



Photo: Erin Kunkel Styling: Chelsea Zimmer

**Nutrition:** 238 calories, 12.1 g fat, 11 g sugar, 16 g carbohydrates, 2 g fiber, 20 g protein, 445 mg sodium

### INGREDIENTS:

- 4 cups cubed fresh watermelon
- 1/3 cup thinly sliced red onion
- 2 tablespoons chopped fresh mint
- 1 (5-ounce) package arugula
- 1/4 cup sliced almonds, toasted
- 8 ounces skinless, boneless rotisserie chicken breast, shredded (about 2 cups)
- 2 tablespoons extra-virgin olive oil
- 1 teaspoon grated lemon rind
- 2 tablespoons fresh lemon juice
- 1/2 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper

### DIRECTIONS:

1. Combine watermelon, onion, mint, and arugula in a large bowl.
2. Add almonds and chicken; toss to combine.
3. Combine oil, rind, juice, salt, and pepper in a small bowl, stirring with a whisk.
4. Add oil mixture to watermelon mixture; toss gently to coat.

**Source:** David Bonom: Cooking Light