

Watermelon and Arugula Salad with Walnuts

Author: Efisio Farris, Food & Wine, 9/07 (in an article about Sardinian cooking)

***Carolyn T's
Main Cookbook***

Servings: 6



3 pounds watermelon, 1-inch cubes
1 small red onion, thinly sliced
1 1/2 cups arugula
1/3 cup orange juice (I used pineapple)
2 tablespoons fresh lime juice
2 tablespoons raspberry vinegar
1/2 cup ricotta salata (or Feta, which is what I used)
1 cup chopped walnuts
2 tablespoons extra virgin olive oil
Salt and pepper to taste

Serving Ideas: In the article the author said: "In my hometown of Orosei, bitter greens like arugula and dandelion grow alongside watermelons, so this salad is a natural combination for me," says chef Efisio Farris. The recipe is a fabulous blend of juicy (watermelon) and crunchy (red onions and walnuts). For anyone who thinks raspberry vinegar went out with the '90s, this fruity vinaigrette will be a revelation."

Blog: Carolyn T's Blog:
<http://tastingspoons.com>

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Per Serving (excluding unknown items): 257 Calories; 20g Fat (64.4% calories from fat); 8g Protein; 16g Carbohydrate; 2g Dietary Fiber; 11mg Cholesterol; 144mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 3 1/2 Fat; 0 Other Carbohydrates.

Notes: Ricotta Salata is a crumbly, salty Italian aged ricotta. It's a bit hard to find, so I don't think there is any reason you couldn't substitute Feta cheese. The original recipe said it served 4, but I think 3 pounds of watermelon will feed far more than that! I soak the red onion in cold tap water for 5 minutes to take away a bit of the bite.

Description: Food & Wine, September '07

1. In a large bowl, toss the watermelon with the red onion. Cover and refrigerate until chilled, about 30 minutes.
2. Add the arugula to the watermelon.
3. In a small bowl, combine the orange and lime juices and vinegar. Pour the dressing over the salad and season with salt and pepper. Top with the ricotta salata and walnuts; drizzle with the olive oil and serve.