

Annie's Organic Buying Club

making organics affordable for everyone!



Green beans are good sources of fiber and vitamin C. Preserve their fresh flavor and texture by blanching them and then moving them to an ice water bath to set their color; then sauté briefly.

Green Beans & Red Peppers by the Mayo Clinic

- 1 pound green beans, stems trimmed
- 2 teaspoons olive oil
- 1 red bell pepper (capsicum), seeded and julienne
- 1/2 teaspoon chili paste or red pepper flakes
- 1 clove garlic, finely chopped
- 1 teaspoon sesame oil
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper

Cut the beans into 2-inch pieces. Bring a large saucepan 3/4 full of water to a boil. Add the beans and cook until they turn bright green and are tender-crisp, 1 to 3 minutes. Drain the beans, then plunge them into a bowl of ice water to stop the cooking. Drain again and set aside.

In a large frying pan, heat the olive oil over medium heat. Add the bell pepper and toss and stir for about 1 minute. Add the beans and saute for 1 minute longer. Add the chili paste and garlic and stir for 1 minute. The beans will be tender and bright green. Drizzle with the sesame oil and season with the salt and pepper. Serve immediately.

Green Beans w/Red Peppers by AllRecipes

- 1/4 pound fresh green beans, trimmed
- 1/2 cup julienned sweet red pepper
- 1/2 teaspoon olive oil or canola oil
- 1 teaspoon balsamic vinegar
- 1/8 teaspoon dried basil
- 1/8 teaspoon pepper

Saute beans and red pepper in oil for 4 minutes or until crisp-tender. Stir in the vinegar, basil and pepper.

Green Beans with Vidalia Onions & Tomato by Vidalia Onion Committee

- 1 pounds of green beans, cut into 1/2-inch pieces cup vegetable oil
- 1/2 large Vidalia Onion, finely chopped (2-1/2 cups)
- 1 Serrano (mild to medium green chiles), seeded and finely chopped
- 1teaspoons cumin seeds
- 1/2 tablespoons ground coriander
- 1/2 teaspoons cayenne pepper
- 2 medium tomatoes - peeled, seeded, and chopped
- 1/2 teaspoons salt
- 1/8 cup cilantro leaves

Bring a large pot of lightly salted water to a boil. Add the beans and cook until crisp-tender, about 6 minutes. Drain well. Heat the vegetable oil in a large saucepan. Add the Vidalia Onion, chiles and cumin seeds and cook over high heat, stirring frequently, until onion is softened and browned, about 8 minutes. Add the coriander and cayenne and cook, stirring, until fragrant, about 2 minutes. Add the tomatoes and cook, stirring, until most of the liquid has evaporated, about 5 minutes. Add the beans and the salt and cook, stirring, until heated through. Cover and cook over moderate heat, stirring frequently, until the beans are crisp-tender, about 10 minutes. Stir in the cilantro and transfer the beans to a large deep platter. Serve the green beans warm or at room temperature. The beans can be refrigerated for up to 2 days; add the cilantro just before serving.

Taking Green Beans, Vidalia Onion, and Peppers for a Wok by EveryLastRecipe.com

- 1 lb Green Beans
- 1/2 Medium Green Pepper
- 1/2 Medium Red Pepper
- 1/2 Medium Yellow Pepper
- 1/2 Medium Purple Pepper
- 1/2 Small Vidalia Onion
- 2 Tbs Olive Oil
- 2 Tbs Red Wine Vinegar
- 2 tsp Crushed Red Pepper Flakes

A colorful vegetable stir fry with a little kick. Slice the peppers into thin strips. Chop the vidalia onion. Steam the green beans for 9 minutes and cool. Green beans can be steamed up to 24 hours prior to the stir fry. Just keep them refrigerated. This recipe is cooked in the small egg. The wok has a 13 diameter and snuggles perfectly into the fire ring. Use direct heat for stir fry. Get the temperature in the egg to 450F to 500F and heat the wok. The wok is ready for stir fry when water flicked onto the wok dances.

The stir fry takes a total of 5 to 7 minutes. Adjust your time to your taste. Add the olive oil and red wine vinegar. Add the vidalia onion and toss for approximately 30 seconds. Add the peppers and toss for approximately 30 seconds. Add the green beans and toss for approximately 30 seconds. Add the crushed red pepper flakes. Continue to toss until done.

For more Green Bean recipes see this link for the Seasonal Chef:

<http://www.seasonalchef.com/recipe0706a.htm>

Chopped Israeli-type Salad

- Tomatoes, diced
- Scallions, chopped
- Red Pepper, diced
- Avocado, diced
- ½ Vidalia Onion, chopped fine
- Handful chopped Flat Leaf Italian Parsley
- Olive Oil
- Freshly squeezed Lemon Juice
- Sea Salt, Black Pepper, fresh crushed garlic minced
- Handful of freshly chopped parsley or cilantro (optional)

Dice the vegetables into equal-sized small square pieces. Drizzle with a mix of garlic, olive oil and fresh lemon. Add salt and pepper. Mix well. Enjoy.

Garlic Lacinato Kale by NewlywedCooking.blogspot.com (with [Halibut Coconut Curry](#))

- bunch of Lacinato Kale
- 1 large garlic clove
- Kosher salt
- olive oil

Rinse kale thoroughly. Strip leaves from the middle stem. Tear into smaller pieces. Heat olive oil in a large saucepan over medium heat. Add kale and sprinkle with Kosher salt. Stir a few times, and allow to cook down slightly. Add garlic cloves and stir until garlic is fragrant. Add a teaspoon of water to the pan. Cover and reduce heat to low. Allow to simmer for about 2 minutes.

Italian Sausage, Lacinato Kale & Cannellini Beans by farm to table from the Restaurant Widow

- 3 sweet Italian sausage links, casings removed and sausage chopped into 1/2" pieces
- 2 medium onions, medium dice
- 6 cloves garlic, sliced very thinly
- 1 large bunch kale, center rib removed and roughly chopped
- 2 cups fresh white beans, OR 2 cups dried white beans, soaked overnight and drained, or 2 cans white beans, drained, 2 tbsp canning liquid reserved
- 1 cup beef stock (I used my chicken stock)
- 1/4 cup sugar (I only used about 2 tbsp)
- 1/4 cup red wine vinegar
- 1 tsp salt, or to taste
- a few grinds (or a pinch) freshly cracked pepper
- 1 T red pepper flakes
- Parmesan cheese
- Tabasco sauce, optional

If using fresh or dried beans, simmer in a large pot of water 30 minutes, or until soft. Set aside a little of the cooking liquid and drain the beans. Set aside.

In a small sauce pan, combine the stock, vinegar, sugar, salt, pepper and chili flakes and bring to a boil (congratulations, you have just made a gastrique!)

In a large stock pot, brown the sausage. Remove with slotted spoon and set on paper towels to drain. Add the onions and garlic to the pot and saute until translucent. Add the beans, kale, sausage, and sauce back to the pot. Cook until the kale has wilted and the sauce has thickened. Add the reserved bean cooking or canning liquid to help thicken. Serve in bowls with a little freshly grated Parmesan and sea salt on top.

Greens and Beans Soup (Fasolia Soupa me Horta) by MedCookingAlaska.blospot.com

- 2 cups diced leeks, white part only, 1/2" dice
- 1 1/2 cups diced celery, including leaves, 1/2" dice
- 1 cup diced carrots, 1/2" dice
- 3-4 Tbsp. olive oil
- Salt
- Freshly ground black pepper
- 1 lb. kale, roughly chopped
- 8 cups chicken or vegetable stock
- 1 Tbsp. minced garlic
- 3 bay leaves
- 1 tsp. crushed red peppers
- 2 cups cooked, or 1 15 ounce can, cannellini beans
- Grated cheddar, fontina, or parmesan cheese (optional)

Sauté the leeks, celery, and carrots in olive oil, lightly seasoned with salt and freshly ground black pepper, until the vegetables soften and the leeks start to turn golden. Add the kale and garlic and stir to coat the greens with oil. Add the stock, bay leaves, crushed red pepper, and beans, and bring to a boil. Partially cover the pot, turn the heat down to low, and simmer the soup for 30-40 minutes, or until the flavors have blended. Taste and season with salt and pepper, as needed. Serve with grated cheese sprinkled over the top of the soup.

Garden Soup with Lacinato Kale and Cauliflower adapted from *Vegetable Soups from Deborah Madison's Kitchen* by Deborah Madison as posted by Mariquita.com

2 onions or 2 large leeks, diced
1/2 pound potatoes, diced (a few small or one large)
2 Tablespoons olive oil, plus extra to finish
2 cups stemmed and slivered lacinato kale
2 cups (more or less) small cauliflower florets
1 garlic clove, minced
S & P to taste
6 cups broth: homemade or purchased, vegetable, bean broth, or chicken stock
Asiago cheese for grating at the end

Wash the leeks if using. Chop the potato, leaving the skin on if you like if it's organic. Warm the olive oil in a soup spoon over medium heat. Add the leeks and the potato, give them a stir, and while they're warming up, slick the kale off its rosy stems, then slice the leaves into short ribbons. Add the kale to the pot along with the cauliflower, garlic, and salt. Cook for about 5 minutes. Add the stock, bring to a boil, then lower the heat and simmer until the vegetables are tender, about 20 minutes. Ladle the soup into bowls and drizzle some olive oil into each. Season with pepper and grate a little cheese into the soup.

Kale & Potato Hash from Eating Well

Makes 4 servings, 1/2 cup each

Serve as a side with a steak or pork chops or set a poached egg on top for a hearty breakfast or brunch.

8 cups torn kale leaves (about ½ large bunch; see Tip)
2 tablespoons horseradish
1 medium shallot, minced
½ teaspoon freshly ground pepper
¼ teaspoon salt
2 cups cooked shredded potatoes
3 tablespoons extra-virgin olive oil

1. Place kale in a large cast iron skillet and sauté in butter, until wilted, about 6 minutes. Cool slightly, and finely chop.
2. Meanwhile, mix horseradish, shallot, pepper and salt in a large bowl. Add the chopped kale and potatoes; stir to combine.
3. Heat oil in a large nonstick skillet over medium heat. Add the kale mixture, spread into an even layer and cook, stirring every 3 to 4 minutes and returning the mixture to an even layer, until the potatoes begin to turn golden brown and crisp, 12 to 15 minutes total.

Kale & Potato Hash Tips: 1- to 1 1/2-pound bunch of kale yields 16 to 24 cups of chopped leaves. When preparing kale for these recipes, remove the tough ribs, chop or tear the kale as directed, then wash it--allowing some water to cling to the leaves. The moisture helps steam the kale during the first stages of cooking.

RICE WITH KALE AND TOMATOES by Gourmet 1990

1/2 cup long-grain unconverted rice
1 small garlic clove, minced
1 tablespoon olive oil
a 14-ounce can plum tomatoes, drained, seeded, and chopped
2 cups finely chopped rinsed kale leaves

In a small heavy saucepan bring 1 cup water to a boil, add the rice and salt to taste, and cook the rice, covered, over low heat for 20 minutes, or until the liquid is absorbed and the rice is tender. In a heavy skillet cook the garlic in the oil over moderately low heat, stirring, until it is golden, add the tomatoes and the kale, and cook the mixture, stirring occasionally, for 3 to 5 minutes, or until the kale is tender. Fluff the rice with a fork and in a bowl combine well the rice, the kale mixture, and salt and pepper to taste.

GREENS AND BULGUR GRATIN by Gourmet Magazine, September 1995

1/2 cup coarse bulgur*
2 pounds assorted greens such as kale, collard, escarole, spinach, Swiss chard,
and/or mustard greens
6 large garlic cloves, minced or 1 bunch green garlic!
3 tablespoons olive oil
1/4 cup freshly grated Parmesan (about 1 ounce)
6 ounces chilled whole-milk or part-skim mozzarella, grated coarse

For topping

1/2 cup fine fresh bread crumbs
1 tablespoon olive oil

In a heat proof bowl pour enough boiling water over bulgur to cover by 1 inch. Cover bowl with a plate to trap steam and let stand 20 minutes. Drain bulgur in a large fine sieve, pressing out excess liquid, and transfer to a bowl.

Keeping each variety of green separate, tear greens into bite-size pieces, discarding stems. Still keeping greens separate, wash thoroughly by dunking in a sinkfull of water and transfer to a colander to drain.

Put coarser greens (kale or collard) in a 4 1/2- to 5-quart kettle and steam in water clinging to leaves, covered, over moderate heat, stirring occasionally, until wilted, about 4 minutes. Add delicate greens (escarole, spinach, Swiss chard, and/or mustard) to coarse greens and steam, covered, stirring occasionally, until just wilted, 3 to 4 minutes. Drain greens in colander, pressing out excess liquid.

In a large heavy skillet cook garlic in oil over moderate heat, stirring, until softened but not golden. Stir in greens and bulgur and season generously with salt and pepper. Stir in Parmesan and remove skillet from heat.

Preheat oven to 400°F. and lightly oil a 1 1/2-quart gratin dish or other shallow baking dish.

Spread half of greens mixture in dish and sprinkle evenly with mozzarella. Spread remaining greens mixture over mozzarella and smooth top with a rubber spatula. Gratin may be prepared up to this point 8 hours ahead and chilled, covered.

Make topping: In a small bowl with a fork stir together bread crumbs and oil until crumbs are evenly moistened.

Sprinkle topping over greens mixture and bake in middle of oven 30 minutes, or until bubbling and top is browned lightly.

Indian-Spiced Lentils with Kale by Cook's Illustrated *Published March 1, 1995*

- cup red lentils , picked over and rinsed
- teaspoon table salt
- pound kale , stemmed, rinsed, and coarsely chopped
- tablespoons unsalted butter
- teaspoon ground coriander
- 1/2 teaspoon ground cumin
- 1/2 teaspoon dry mustard
- 1/4 teaspoon red pepper flakes or to taste
- cloves garlic , minced
- teaspoons minced fresh ginger

Bring lentils, 6 cups water, and salt to boil in medium saucepan; boil for 5 minutes. Reduce heat; simmer until lentils are tender but still hold their shape, 20 to 25 minutes, adding kale during last 5 minutes of cooking. Drain, reserving 1 cup cooking liquid.

Meanwhile, heat butter in large skillet over medium heat. Add next four ingredients; sauté to develop flavors, about 1 minute. Add garlic and ginger; sauté until softened and fragrant, about 2 minutes. Add lentils and kale and reserved cooking liquid. Simmer to blend flavors, about 5 minutes. Adjust seasonings and serve.

Cauliflower and Green Bean Stir-Fry with Oyster Sauce Recipe by CDKitchen.com

- 1 small head cauliflower trimmed and cut into florets
- 4 ounces fresh green beans, cut in 1 1/2" pieces
- 2 tablespoons reduced-sodium soy sauce
- 1/2 packet sugar substitute
- 2 tablespoons canola oil
- 2 teaspoons minced peeled fresh ginger
- 1 garlic clove, pushed through a press
- 3 green onions, chopped
- 1/4 cup water
- 2 tablespoons oyster sauce
- 2 tablespoons slivered almonds

Steam or boil cauliflower and green beans 6-7 minutes, until tender; drain. Place in a large bowl, add soy sauce and sugar substitute; toss to coat. Heat oil in a wok or large skillet over medium-high heat. Add ginger and garlic. Stir-fry until fragrant, about 15 seconds. Stir-fry until green onions soften, about 2 minutes. Add cauliflower and green beans; mix well. Add water and oyster sauce; bring to a boil. Cook 1-2 minutes.

Quick Thai Chicken and Vegetable Curry by Eating Well

- 2 teaspoon(s) canola oil
- 1 medium red bell pepper
- 1 medium onion
- 1 clove(s) garlic
- 1 tablespoon(s) minced fresh ginger
- 1 1/2 teaspoon(s) red curry paste
- 1 pound(s) boneless, skinless chicken breasts
- 1 cup(s) reduced-sodium chicken broth
- 1 cup(s) "lite" coconut milk
- 1 tablespoon(s) fish sauce
- 1 teaspoon(s) light brown sugar
- 1 1/2 cup(s) cauliflower florets
- 2 cup(s) baby spinach
- 1 tablespoon(s) lime juice
- Lime wedges

Heat oil in a large nonstick skillet over medium-high heat. Add bell pepper and onion; cook, stirring often, until beginning to soften, about 4 minutes. Add garlic, ginger and curry paste; stir to mix. Add chicken and cook, stirring, until fragrant, about 2 minutes. Stir in broth, coconut milk, fish sauce (or soy sauce) and brown sugar; bring to a simmer. Add cauliflower, reduce heat to medium-low and simmer, stirring occasionally, until the chicken is cooked through and the cauliflower is tender, about 10 minutes. Stir in spinach and lime juice; cook just until spinach has wilted. Serve immediately, with lime wedges.

Vegetarian variation: Substitute 1 pound extra-firm tofu (drained) for the chicken and vegetable broth for chicken broth.

Cream of Cauliflower Soup by NotEatingOutInNY

- 1 head cauliflower, trimmed of stalks and chopped to pieces
- 1 medium onion, chopped
- 2 shallots, chopped
- 1 garlic clove, chopped
- 1/2 cup dry white wine
- 3 cups chicken or vegetable stock (preferably homemade)
- 2 strips bacon, chopped
- 1 cup half and half, whole milk or heavy cream (or any combination, depending on desired richness)
- 2 tablespoons butter
- 1 bay leaf
- salt and pepper to taste
- 2-3 tablespoons fresh dill or chives, chopped

Heat a large soup pot or Dutch oven over a medium flame. Add the bacon, and stir for a minute. Add the onion, shallot and garlic. Stir occasionally for 5-7 minutes, until softened. Add the white wine, and raise

heat to medium-high to bring to a boil. Add the bay leaf, cauliflower and all the stock and season with a few pinches of salt and pepper. Bring to a boil, stirring once or twice. Once it begins to boil, turn heat to low, cover and let simmer for 20-25 minutes.

Open and turn off heat. Try to remove that bay leaf. If using a handheld blender, puree until thick and somewhat uniform in texture. I like to keep it a little bit chunky. Or, if you have a food processor, let soup cool for 10 minutes or so, then work in batches to puree. Once the soup has been blended, return to the pot and cook over medium-high heat. Add the cream, half-and-half or whole milk. Taste for seasoning, adding salt and pepper if necessary. Bring soup to just a boil, but don't let it keep boiling as the milk will burn. Turn off heat and stir in the butter and dill or chives. Serve in bowls and garnish with more of the herbs.



Cauliflower with Red Pepper & Black Olives by CDKitchen.com

- 1 cauliflower head, separated small florets
- 1 large roasted red pepper, rinsed, patted dry, homemade or jarred
- 10 Kalamata olives, pitted, sliced
- 2 tablespoons olive oil

2 tablespoons chopped parsley
salt to taste
freshly ground black pepper to taste

Bring a medium saucepan of lightly salted water to a boil. Cook cauliflower 6 to 7 minutes until tender but firm.

While cauliflower is cooking, cut red pepper into thin strips. Drain cauliflower. Mix in red peppers, olives, olive oil and parsley. Season to taste with salt and pepper.

Spicy Roasted Cauliflower With Wilted Spinach by Recipe Zaar

- 2 tablespoons olive oil
- 1 medium yellow onion, cut into 1/4 inch wedges
- 8 garlic cloves, halved
- 2 teaspoons ground cumin
- 1 teaspoon crushed red pepper flakes, to taste
- 1/2 teaspoon fresh ground black pepper
- 1/2 teaspoon salt
- 4 cups cauliflower florets
- 1 lb spinach leaves

Preheat oven to 450 degrees, In a large skillet, heat 1T oil and saute onion and garlic for 2 minutes. Stir in cauliflower florets. Add cumin, red pepper, black pepper, salt and remaining oil, stir to coat well.

Transfer mixture to a roasting pan (reserve skillet for cooking greens) and bake at 450 degrees for 15 to 20 minutes, or until cauliflower is tender. About 5 minutes before cauliflower is done, reheat skillet over medium-high heat.

Wash spinach and add to skillet with water clinging to the leaves. Cover and remove from heat. Toss cooked cauliflower with spinach and serve hot.

Cauliflower & Spinach Enchiladas by Oceanmist.com

1 head of Cauliflower (chopped raw in food processor to resemble grains of rice)
2 cups of cooked chopped Spinach (well drained)
1 teaspoon ground cumin
1 tablespoon garlic salt
2 tablespoons taco seasoning
1/2 cup chopped Cilantro
1 Green Bell Pepper chopped
1 Red Bell Pepper chopped
1/2 Yellow Onion chopped
8 corn tortillas
2 cups grated monterey jack cheese
1 - 28 ounce can green enchilada sauce (mild)
1 cup sour cream
1 - 15 ounce can black beans (rinsed and drained) Directions
Preheat oven to 350 degrees.

Spray large sauté pan with cooking spray and over medium high heat sauté; the Green Bell Pepper, Red Bell Pepper, Onion and Cilantro until tender. Add Cauliflower and continue to sauté until the Cauliflower is very tender (about 15 minutes).

Add to Cauliflower the Spinach, cumin, taco seasoning, garlic salt and black beans. Stir until combined and set aside. In small sauce pan heat enchilada sauce over medium heat. Remove from heat and add sour cream, whisk until well combined. set aside.

Spray 14 1/2 x 9inch casserole dish with cooking spray.

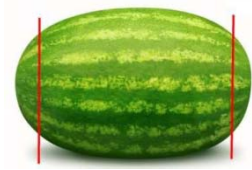
Over high heat warm up tortillas on dry griddle until soft. Fill each tortilla with cauliflower mixture and 1 tablespoon of grated cheese. Roll tortilla up and set seam side down in casserole.

Pour enchilada sauce over filled tortillas and top with more grated cheese. Bake uncovered in oven for 1/2 hour until hot. Remove from oven and let cool for 15 minutes before serving.

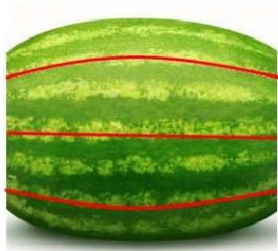
May serve with cubes of fresh avocado.

How to Cut the seeds out of a Watermelon

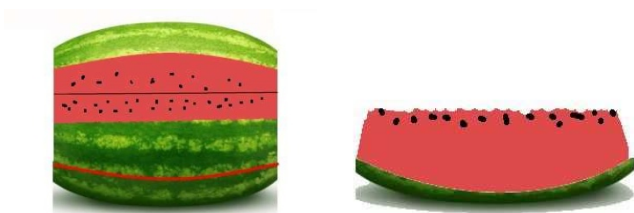
The seeds are actually all centralized so if cut open properly, you can cut out the seeds very easily. First cut:



Then slice in segments not into the middle, the heart will be in the center and is seedless so you will go up to the seed line only cutting like this:

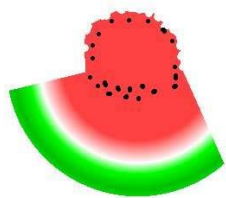


Wriggle out each segment so the seeds are concentrated on top of the piece:



Then take out the slices and using a knife or spoon, remove the seeds from the big pieces:

The final segment will have the heart and look like this – you'll want to clear the seeds away circling the heart:



Then cut up and enjoy seedless watermelon the way mother nature intended.

Watermelon Mint Ice Sorbet or Granita

- 6 tablespoons sugar
- 7 mint leaves
- 1/2 cup filtered water
- 1 1/2 pounds watermelon, deseeded, pureed
- ½ cup vodka (optional)

Place sugar, water and mint in a sauce pan over medium heat until the sugar dissolves. Allow to cool and remove the mint. Add pureed watermelon to the cooled syrup. Allow to sit in the refrigerator overnight. Strain. Freeze but every hour scrape up the frozen bits so it's slushy and not solid.

Watermelon Agua Fresca Recipe by Sailus Kitchen

2 cups cubed and de-seeded chilled watermelon

1/2 cup chilled water

1 1/2 tbsp sugar (adjust according to the sweetness of watermelon)

1-2 tbsp lemon juice

mint leaves for garnish (optional)

1 Blend the above ingredients for 8-10 secs. If you want a smooth drink, strain. Garnish with mint leaves and serve chilled.



Watermelon, Mint & Feta Salad by Slashfood.com



ayngelina/Flickr

Watermelon salad with mint and feta cheese was one of those things that I wanted to hate when I first heard about it five or six years ago. I couldn't imagine that the saltiness of feta cheese would go well the watery sweetness of watermelon. However, with so many things in life, as soon as I gave it a try, I was proven happily wrong. It's a magical combination and one that you should try out if you haven't yet had a chance.

GREEK WATERMELON SALAD By Souvlaki for the Soul

- 1/4 of a watermelon cut up into reasonable sized cubes, seeds removed
- a small container of cherry tomatoes, halved
- a handful of parsley, roughly torn
- 100-150 gr of crumbled feta cheese

Arrange all the ingredients on a plate and enjoy!

The Best Cinco De Mayo Watermelon Margarita Recipe by bfeedme.com

- 4 cups watermelon, seeded & cubed
- 1 6-ounce can frozen limeade concentrate
- 1/2 cup tequila, your pick
- 3 tablespoons sugar & lime wedges for garnish

In a large zip-lock bag- place watermelon cubes inside & freeze for 8 hours.

Take out your watermelon bag & get your blender ready. In the blender combine half of your watermelon cubes, limeade & tequila. Process until smooth.

Repeat with the remaining half.

To garnish: Place the sugar in a wide, shallow bowl. Moisten the rim of a margarita glass with a lime wedge.

Dip the rim in the sugar. Pour the watermelon mixture into the prepared glass. Garnish with a lime wedge and get ready to party!

Watermelon Salad with Mint Leaves by Paula Deen

- 1 (5-pound) watermelon
- 1 Vidalia or other sweet onion
- 1/4 cup red wine vinegar
- Salt and pepper
- 1/2 cup extra-virgin olive oil
- 2 tablespoons chopped fresh mint
- 4 ounces feta cheese, crumbled
- 6 whole mint sprigs

Cut the flesh from the melon and cut into bite size pieces, removing and discarding the seeds, and set aside. Peel and slice the onion into rings.

In a small bowl, combine the vinegar, salt, pepper, and whisk until salt is dissolved. Slowly whisk in the olive oil, a few drops at a time. Add in the chopped mint, taste, and adjust seasonings.

In a large bowl, combine the melon, onion, and feta. Pour the dressing over the melon mixture and toss gently until everything is coated and evenly mixed. Garnish with mint sprigs.

To serve, divide salad among individual plates and garnish with mint leaves.