# Watermelon Arugula Salad Recipe: Hydrate, Nourish, and Glow

3 MIN READ

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# A hydrating, antioxidant-rich salad that supports skin, bones, and cardiovascular health while refreshing your senses.

If you’re looking for a summer snack that’s cool, refreshing, and sweet with a little kick, this fresh watermelon arugula salad is your answer. It’s a delicious way to boost hydration, and packed with antioxidants and anti-inflammatory nutrients.

Watermelon is rich in **lycopene** (an organic pigment called a carotenoid with antioxidant capabilities), and water content, helping to reduce inflammation and keep you deeply hydrated, essential for radiant skin and healthy blood vessels. Peppery arugula delivers **vitamin K** for bone strength and heart health, while cucumber adds soothing hydration and supports joint and skin elasticity. Radishes bring a crisp bite and immune-boosting vitamin C, and fresh mint aids digestion and refreshes your palate. A splash of lime juice brightens flavors and packs an extra antioxidant punch. Add a little black pepper or grated ginger for an optional bit of spice and enhanced anti-inflammatory benefits. Together, these ingredients create a light, nutrient-dense salad perfect for hot summer days.

# Watermelon Arugula Salad Recipe

### INGREDIENTS

- 4 cups seedless watermelon cubes (about ½-inch)

- 2 cups baby arugula leaves (packed)
- 1 cup thinly sliced cucumber
- ¼ cup thinly sliced radishes
- ¼ cup chopped fresh mint
- ¼ cup fresh lime juice (from 1-2 limes)
- Freshly ground black pepper or grated ginger for a little more kick (optional)

### INSTRUCTIONS

1. Gently toss watermelon, arugula, cucumber, radishes, and mint in a medium bowl.
2. Drizzle with fresh lime juice and toss lightly to coat.
3. Add freshly ground black pepper or grated ginger if desired.
4. Chill for at least 15 minutes or serve immediately if ingredients are pre-chilled.

### NUTRITION (PER SERVING, SERVES 4)

65 Calories, 16g Carbohydrates, 2g Fiber, 1g Protein, 0.2g Fat

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