



Hydrating SUMMER SALADS TWO WAYS

SHOPPING LIST

Sweet & Salty

WATERMELON, MINT & FETA

3 cups watermelon, cubed
2 cups cucumber, diced
1 cup jicama, peeled and diced
½ cup feta cheese, crumbled
¼ cup fresh mint, chopped
Juice of 1 lime
Maldon salt, to taste

Sweet & Spicy

PINEAPPLE, CHILI, & PISTACHIO

3 cups fresh pineapple, cubed
2 cups cucumber, diced
1 cup jicama, peeled and diced
⅓ cup pistachios, roughly chopped
¼ cup fresh cilantro, chopped
Juice of 1 lime
Moto Calabrian Chili Hot Sauce, to taste
Maldon salt, to taste

Did you know you can eat your water, too? While water is the best way to quench your thirst, hydration goes beyond beverages. Many fruits and vegetables naturally contain water and can meaningfully contribute to daily fluid needs!

In these recipes, cucumber and jicama are paired with juicy watermelon or pineapple to create refreshing summer salads that support hydration.

Choose from a classic sweet and salty combo or a bold sweet and spicy version!

DIRECTIONS

For either salad, combine all ingredients, mix gently and serve chilled

Tips for Best Results

For the best flavor and texture, enjoy these salads within 24 hours. They can be refrigerated for up to 2 days. If making ahead, store the feta or pistachio separately and add just before serving.

WHY THESE SALADS ARE GOOD FOR HYDRATION

Water-Rich Produce

Cucumber is about 95% water, while jicama is nearly 90% water and provides about 6 grams of fiber per cup. Adding these crisp, lower carbohydrate vegetables to naturally sweet fruits like watermelon and pineapple helps create a balanced fruit salad with less sugar and extra hydration, fiber, and crunch.

Hydration Support from Naturally Occurring Electrolytes

Fruits and vegetables provide electrolytes like potassium, a mineral that helps support fluid balance in the body. All of the fruits and veggies in this recipe contribute potassium, along with other vitamins and minerals. When we sweat, the body loses both water and electrolytes. Eating potassium-rich foods may help replenish electrolytes as part of a balanced diet.

Fun Fact

Jicama is also a good source of inulin, a type of prebiotic fiber that helps feed beneficial gut bacteria to support a healthy gut.

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