



 **Homemade Method™**

SENSATIONAL SALADS AND DIY DRESSINGS

FOR THE LIFE-CHANGING
COOKING PROGRAM

www.homemademethod.com

A MESSAGE FROM OUR FOUNDER, ANNA



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This Recipe Book was created exclusively with love for our **Life-Changing** Cooking Program Members and Success Members. I hope you enjoy it! 😊

A word of warning: The magic is not in the Recipes... If you want to TRANSFORM your health and weight for LIFE, do the Program!! There is no replacement for putting in the work.

You are welcome to share a recipe or two with your friends and family.

We even have a special friends and family discount offer ([click here to learn more](#)). That's because you're more likely to succeed with your health and weight loss goals when you do healthy lifestyle changes with your loved ones!

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So please do not copy, sell or share these recipes, to respect our intellectual property and avoid breaching the law.

If you've got any questions, please reach out to our team at member@homemade-cooking.com.

Warmly,

Anna Rakoczy

Founder, Homemade Method

Your Chief Cheerleader

USEFUL LINKS

[CLICK HERE TO ACCESS COMPLETE PROGRAM RECIPES](#)

[CLICK HERE TO ACCESS AUSTRALIAN/CANADIAN VERSION](#)

VOLUME

1 TABLESPOON = 3 TEASPOONS = 15 MILLILITERS

4 TABLESPOONS = 1/4 CUP = 60 MILLILITERS

1 OUNCE = 2 TABLESPOONS = 30 MILLILITERS

1 CUP = 8 OZ = 250 MILLILITERS

1 PINT = 2 CUPS = 500 MILLILITERS

1 QUART = 4 CUPS = 950 MILLILITERS

1 QUART = 2 PINTS = 950 MILLILITERS

1 GALLON = 4 QUARTS = 3800 MILLILITERS = 3.8 LITERS

WEIGHT

1 OUNCE = 28 GRAMS

1 POUND = 16 OUNCES

1 POUND = 454 GRAMS

2.2 POUNDS = 1 KILOGRAM

TEMPERATURE

350 F = 177 C

375 F = 190 C

400 F = 204 C

425 F = 218 C

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SEASONAL GREENS SALAD

A great salad starts with fresh, seasonal greens. Add a delicious vinaigrette and some crispy, colorful vegetables, and you've got a delicious side or the base of a great meal.

Here is a delicious Seasonal Greens salad you can make any time. It's packed with **antioxidants, vitamins, minerals, heart-healthy fats, fiber and, iron**. It is alkalizing and provides slow-release energy.

Spinach and other leafy greens are especially high in **phytonutrients**, which have been shown to have **powerful anti-cancer and anti-inflammatory properties**. So enjoy frequently and abundantly!

Serves: 2

Prep time: 10 minutes

Cook time: 0 minutes

INGREDIENTS (SALAD)

QTY

LINKS TO BUY

Seasonal greens or spinach	6 cups	
Cherry or plum tomatoes, sliced in half	½ cup	
Cucumber, sliced	½ cup	
Carrot, shredded	½ cup	
Green onion, sliced thinly	1 spear	
Avocado, sliced	½ ea	Avocado

INGREDIENTS (DRESSING)

QTY

LINKS TO BUY

Olive oil	3 tbsp	Olive Oil
Balsamic Vinegar or Lemon juice	3 tbsp	Balsamic Vinegar or Lemon Juice
Fresh chopped herb (basil, oregano, thyme or rosemary)	1 tbsp	Thyme or Basil
Salt and pepper	To taste	Salt & Cracked Black Pepper

INSTRUCTIONS

- Place seasonal greens or spinach in a bowl. Top with the other chopped ingredients.
- Combine all of the dressing ingredients by stirring vigorously with a spoon.
- Drizzle the dressing over the salad. Let it sit for around 5 minutes for the flavors to absorb.
- To make this a complete meal, add a hard-boiled egg, an ounce of cheese, a chicken breast or salmon steak, and/or half a cup of cooked grains.



HOMEMADE PESTO CHICKEN SALAD IN BUTTER LETTUCE CUPS

Chicken's versatility is well-demonstrated in this salad of amazing flavors and textures. It will sustain you into the night and **help the body heal and balance from the day.**

The basil brings a high level of **antioxidants and anti-inflammatory compounds.** Walnuts also help **reduce inflammation** and provide a good amount of **vitamin E, magnesium, and omega-3 fatty acids** - all **supporting cardiovascular health and overall physical and emotional well-being.**

The greens help the **liver detoxify**, a constant task for the liver, and especially helpful when losing excess weight.

Serves: 2

Prep time: 5-10 minutes

Cook time: 8 minutes

INGREDIENTS (PESTO)

QTY

LINKS TO BUY

Fresh basil

½ bunch

Walnuts (or use Pine nuts or Almonds)

½ cup

[Walnuts or Almonds](#)

Shaved Parmesan

¼ cup

[Parmesan](#)

Lemon Juice

4 tbsp

[Lemon Juice](#)

Garlic

1 clove

Spinach

1 cup

Olive Oil

½ cup

[Olive Oil](#)

Water

as needed

Salt and freshly ground black pepper

to taste

[Salt](#) and [Pepper](#)

INGREDIENTS (SALAD)

QTY

LINKS TO BUY

Boneless, skinless chicken breast (or use tofu for a vegetarian version)

8 oz

Celery, sliced thinly

1 cup

Cherry tomatoes, sliced in half

1 cup

Butter lettuce, separated into individual leaves and washed

½ head

INSTRUCTIONS

- Blend all of the pesto ingredients in a food processor or blender (or mash using a mortar and pestle.) Add more olive oil as needed to make a smooth, yet thick, consistency. Adjust with water if needed. Season to taste with salt and pepper. (Hint: If using a blender, add the liquids first, and you might need a bit of extra liquid.)
- Poach the chicken:
 - a. Place the breast on the bottom of a pot, and sprinkle with the teaspoon of salt, then cover with cool water by 1-2 inches
 - b. Bring the water to a boil, cover, and lower to a simmer. Let cook for about 8 minutes.
 - c. The chicken is finished when it is completely opaque, or a thermometer through the center reads 165 F. Remove from cooking liquid and let cool, then dice into 1-inch pieces.
- Toss 2 tbsp of the pesto mixture per person with chicken pieces.
- Scoop the pesto chicken into one-half of the butter lettuce cups, and scoop the chopped celery and cherry tomatoes into the other half. Eat directly out of the butter lettuce cups with a fork - and then eat the butter lettuce cup!



RECIPE NOTES

- *Use the leftover pesto for sandwiches, or add a couple of tablespoons of lemon juice to make a yummy salad dressing. You can also add to eggs, wraps, or use as a dip.*



HOMEMADE CHICKEN CAESAR SALAD

This salad is a delicious combination of veggies, seeds, whole grains, protein, herbs, and spices, making it a complete meal designed to satisfy fully.

The chicken will address the body's need for **lean protein**, and the extra seasoning gives it a kick in flavor and **antioxidants**.

The dressing is a combination of traditional Caesar salad flavor, but enhanced with yogurt rather than mayonnaise to boost the **protein, iron and calcium** content.

Along with the whole-grain croutons, this is a delightful dish that will sustain you throughout the day.

Serves: 2-3

Prep time: 5 minutes

Cook time: 8 minutes

INGREDIENTS (CHICKEN)

QTY

LINKS TO BUY

Boneless, skinless chicken breast (about 3-4 ounces per serve) (or use seasoned tempeh for a vegetarian version)

1 ea

Fresh thyme or dried (optional)

2 sprigs

[Thyme](#)

Salt & pepper

to taste

[Salt & Cracked Black Pepper](#)

Olive oil

1 tbsp

[Olive Oil](#)

INGREDIENTS (SALAD)

QTY

LINKS TO BUY

Romaine or Cos lettuce, chopped

6 cup

Cucumbers, sliced thinly

1 cup

Healthy Homemade Caesar Dressing

1/3 cup

Parmesan cheese

2 tbsp

[Parmesan](#)

INGREDIENTS (CROUTONS)

QTY

LINKS TO BUY

Whole grain bread

1 slice

[Dave's Killer Bread](#)

Olive Oil

2 tbsp

[Olive Oil](#)

Garlic

1 clove

Rosemary (Optional)

1 sprig

[Rosemary](#)

Salt and freshly ground pepper

To taste

[Salt & Cracked Black Pepper](#)

INSTRUCTIONS

- For the chicken: Pat the chicken dry with some paper towel; generously season with thyme, salt, and pepper (or any herbs and spices of your choice).
- Heat a medium sauté pan over medium-high heat with oil.
- When hot, put in chicken and allow the meat to brown without moving it. Once browned (takes around 4 minutes,) turn over and brown another side. Meat should feel firm.
- Once the chicken is cooked and browned, remove from heat and set aside. Let rest for and cool for a few minutes before slicing into long strips, ½" wide.
- For the croutons: Chop bread into 1" cubes. Heat the olive oil in a skillet over medium heat, add herbs while stirring constantly. Toss the cubed bread pieces into the pan, and stir frequently. Once cubes are golden brown, remove, and season with salt and pepper to taste.
- For the salad: Prepare the salad greens by tearing or chopping the romaine lettuce into long thick pieces. Add thinly sliced cucumber rounds and toss with the Homemade caesar dressing.
- To serve: Top salad with sliced chicken, shaved parmesan cheese, and croutons.



HEALTHY HOMEMADE CAESAR DRESSING

This dressing brings all the flavor of regular Caesar dressing... but with the added nutritional benefits of yogurt.

Yogurt is full of **beneficial probiotics**, which are excellent for **boosting your immune system, gut health, and healing inflammatory bowel conditions**.

The fresh raw garlic is also **anti-viral, anti-fungal, and anti-bacterial**.

The anchovies are packed full of omega 3 fatty acids that are proven to help **reduce inflammation and are essential to lowering LDL cholesterol**.

Serves: 1

Prep time: 5 minutes

Cook time: 0 minutes

INGREDIENTS

QTY

LINKS TO BUY

Garlic, minced	1-2 cloves	
Dijon mustard (or any mustard)	1 tbsp	
Lemon juice (or white wine vinegar, or any vinegar)	2-3 tsp	Lemon Juice
Worcestershire sauce (optional)	1-2 tsp	Worcestershire sauce
Anchovies (optional.. Try it, you can't taste it!)	2 each	Anchovies
Natural yogurt (or try silken soft tofu!)	1 cup	
Salt and freshly ground black pepper	To taste	Salt & Ground Black Pepper
Parmesan, finely grated	1/3 cup	Parmesan
Extra-virgin Olive Oil	1/4 cup	Olive Oil

INSTRUCTIONS

- In a blender or food processor, add the garlic, mustard, lemon juice, Worcestershire sauce, anchovy paste, and tofu, salt, and pepper, and blend until smooth.
- Next, add the Parmesan cheese and pulse.
- Finally, while the blender/processor is running, drizzle olive oil down the middle. Add more olive oil and blend until it reaches salad dressing consistency.
- Taste and adjust for salt and pepper, as well as any other flavors.



ROASTED BEET, EGG AND AVOCADO SALAD

The bed of spinach provides a healthy foundation for the meal and the body. The flavonoids found in spinach function as **anti-inflammatory and cancer prevention agents**.

Avocado, walnuts, and olive oil all contribute to a **high satisfaction level**, adding to the taste and satiety factor. They are also made up of essential omega-3s, which **improve cholesterol, lower the risk of heart disease**, and benefit the **health of your skin, hair, and organs**.

The eggs are another source of these heart healthy fats, as well as a fantastic source for protein. One egg will provide your body with all the **amino acids** it needs, and will keep you feeling **energized and nourished** all the way until dinner.

Beets are a **powerhouse for the liver**, and **enhance any healing direction and weight loss efforts**.

Serves: 2

Prep time: 10 minutes

Cook time: 20 minutes

INGREDIENTS (SALAD)

QTY

LINKS TO BUY

Beets roasted and sliced	1 each
Hard boiled Egg, peeled and sliced (optional)	2 each
Spinach, loose	6 cups
Walnuts, raw or roasted in the oven	4 tbsp
Avocado, cut into chunks	1 each

[Walnuts](#)

INGREDIENTS (VINAIGRETTE)

QTY

LINKS TO BUY

Lemon, juice	1 each
Olive Oil	2 tbsp
Parsley, minced (optional)	2 tbsp
Lemon Zest (optional)	½ tsp
Honey	2 tsp
Salt and Pepper	To taste

[Lemon Juice](#)

[Olive Oil](#)

[Parsley](#)

[Honey](#)

[Salt and Pepper](#)

INSTRUCTIONS

- To roast beets: Slice beets into $\frac{1}{4}$ in disks, lay on parchment paper on a baking tray, and roast for 15-20 minutes until tender. Let the beets cool.
- To hard-boil eggs: Place eggs in a single layer along the bottom of a small saucepan and cover them with cool water by 1 inch. Slowly bring water to a boil over medium heat; when the water has reached a boil, cover the pan and remove it from the heat. Let the eggs sit for 12 minutes without disturbing them. Once the 12 minutes are up, transfer the eggs to a bowl of cold water or an ice bath, this makes them easy to peel! Eggs can then be peeled and sliced.
- For Vinaigrette: Place the lemon juice, parsley, lemon zest, and honey in a small bowl and whisk together. Continue to whisk while pouring the olive oil in a constant stream into the bowl. Once ingredients are combined, season with salt and pepper to taste.
- To make the salad: In a large bowl, add spinach leaves, sliced beets, sliced hard-boiled eggs, walnuts, and avocado chunks.
- To Serve: Toss salad with dressing.



RECIPE NOTES



LIVING ROOTS RAINBOW SALAD

This is a sustaining, hearty winter raw vegetable salad that supplies all your needs. Combining quinoa with almonds brings a **complete protein** to the table that helps balance blood sugars and the body repair.

This salad also features fennel, beets, and kale: all highly **nutrient-dense and high in fiber**. Fennel is both traditionally and medically recognized as a **digestive aid**. Beets **support the blood, help with constipation**, and the pigment called betacyanin is a **potent anticarcinogenic**.

Kale is a **potent prebiotic food packed with fiber**, nutrient density and has an overall strengthening effect on the body. You can rest assured your body is getting an **immune boost with vitamin C** from kale and **calcium to fight osteopetrosis**.

Serves: 3-4

Prep time: 10 minutes

Cook time: 0 minutes

INGREDIENTS

QTY

LINKS TO BUY

Beet, red	½ cup	
Beet, gold	½ cup	
Fennel root	1 cup	
Kale	4 cup	
Quinoa, uncooked (optional)	1 cup	<u>Quinoa</u>
Water or Vegetable broth	2 cup	
Almonds, toasted	½ cup	<u>Almonds</u>
Sunflower seeds, toasted	½ cup	<u>Sunflower Seeds</u>
Cranberries	½ cup	<u>Dried Cranberries</u>
Parsley	½ cup	<u>Parsley</u>
Olive oil	½ cup	<u>Olive Oil</u>
Lemon Juice	½ cup	<u>Lemon Juice</u>
Salt / Pepper	1 tsp	<u>Salt & Cracked Black Pepper</u>

INSTRUCTIONS

- Cook quinoa: Rinse quinoa, then add to pot with 2 cups of water or broth. Bring to a boil, then lower heat to simmer. Cook for 15 to 20 minutes until water has been absorbed. Add more water if needed (if the bottom starts to burn).
- Cut the raw beets, kale, and fennel into thin, evenly shaped pieces and add to a bowl.
- Beets: cut off ends and then cut in half - if larger than an egg, cut in half again. From here, slice very thinly into pretty wedges.
- Kale: remove larger tough ribs or end of ribs, but feel free to keep if ribs are small and thin. Roll up a few leaves at a time and cut them into thin strips or pieces.
- Fennel: You eat the bulb, so cut off the top longer stalks and fronds (called fennel feathers). You also cut out the 'root/heart' at the base in a triangle cutting shape, because this is too tough/bitter to eat. You should be left with the fennel layers, which should be crunchy and sweet. Then slice into thin slithers.
- Coarsely chop almonds into pieces. Add cooked quinoa, cranberries, sunflower seeds, and almonds to bowl with the cut vegetables above.
- Finely chop parsley and mix with olive oil, lemon juice, salt, and pepper in a bowl to make a dressing. Add to the rest of the ingredients and mix together. Let the salad rest before serving, so the flavors can harmonize! This salad can last for days and gets better on Day 2!



RECIPE NOTES

This is a highly nutritious salad base to experiment with, using different grains, nuts, or hearty vegetables. By combining the quinoa here with almonds, this salad gives you a full protein profile



CHINESE TUNA CABBAGE SALAD WITH ROASTED PEANUTS

Authentic Chinese cuisine does not come with any of the sugary syrup sauces or limp oil laden dishes we have to come to expect in America. Instead, it is made up of **beautiful whole ingredients that are cooked and seasoned simply.**

Fresh cabbage, carrots, and snow peas add **fiber, vitamins and minerals** to your dish, as well as boost the snap and crunch of your salad without any frying.

The tuna is the main component of this recipe and provides a lean protein, keeping your body **fueled with energy**, and also aid in the growth and **repair of muscle tissue**. Plus, it is a great **heart-health** supporter due to its ability to **lower cholesterol**.

Serves: 2-3

Prep time: 5-10 minutes

Cook time: 0 minutes

INGREDIENTS (ASIAN DRESSING)

QTY

LINKS TO BUY

Rice vinegar	¼ cup	Rice Wine Vinegar
Olive oil	3 tbsp	Olive Oil
Soy sauce (preferably low sodium)	2 tbsp	Soy Sauce
Toasted sesame oil	1 tbsp	Toasted sesame oil
Agave or honey	1 tbsp	Agave or Honey
Fresh ginger, minced or chopped finely	1 ½ tsp	

INGREDIENTS (SALAD)

QTY

LINKS TO BUY

Canned tuna, drained (5-6 ounce)	1 ea	Canned tuna
Green onion	¼ cup	
Sugar snap peas or snow peas, or bean sprouts, sliced	1 cup	
Celery, sliced	2 stalks	
Cabbage, thinly sliced	4 cups	
Carrots, shredded	2 ea	
Cilantro, finely sliced	¼ cup	
Roasted peanuts	¼ cup	Peanuts
Salt and freshly ground black pepper	to taste	Salt & Ground Black Pepper

INSTRUCTIONS

- Whisk rice vinegar, olive oil, soy sauce, sesame oil, agave, and ginger in a small bowl.
- Combine 3 tablespoons of the dressing with tuna and sliced green onion in a medium bowl and slightly mix, set aside.
- Add all other ingredients to a bowl with remaining dressing and toss, taste for salt and pepper, and adjust if needed.
- Serve salad topped with tuna mixture



FOUR BEAN SALAD WITH CRUMBLED FETA

Bean salads make one of the best snacks - tasty, **rich in protein and, amazingly high in antioxidants!**

Beans are one of the best foods you can eat to help you **boost gut health and lower cholesterol.** They have tons of plant-based protein, fiber and sustaining carbs, allowing your body to **more easily eat for satisfaction.**

The **antioxidants** found in the fresh herbs not only please the palate with great bursts of flavor but also **supports the kidneys** and naturally satisfy your body's innate desire for both sweet and bitter (found in mint and parsley, respectively.)

Serves: 2-3

Prep time: 5-10 minutes

Cook time: 2 minutes

INGREDIENTS (THE BEANS)

QTY

LINKS TO BUY

Four Bean Mix can (or any
canned beans of your choice)

4 cup

French green beans

1 cup

INGREDIENTS (SALAD INGREDIENTS)

QTY

Crumbled feta or other cheese
of choice

2 oz

Tomato

1 cup

Red Bell Pepper

1 cup

Shallot or green onion

½ cup

INGREDIENTS (DRESSING)

QTY

LINKS TO BUY

Olive oil

5 tbsp

[Olive Oil](#)

Apple cider vinegar

5 tbsp

[Apple cider vinegar](#)

Brown sugar

1 tsp

[Brown sugar](#)

Garlic

1 clove

Mint

¼ bunch

Parsley

¼ bunch

[Parsley](#)

INSTRUCTIONS

- Drain the beans and rinse well.
- Prepare and blanch the French green beans. To do this, simply chop the ends off the green beans and slice them into 2" long pieces; add to boiling water for 2 minutes; then remove from heat and dunk beans into an ice bath after boiling; when beans are completely cool, drain.
- Chop tomato, red pepper, onion, and ½ of the Feta into small quarter-inch cubes or slices. Mix with beans gently. Add salt and pepper to taste.
- To prepare the dressing, finely chop the mint, parsley, and garlic. Add to a blend of apple cider vinegar and olive oil. Stir well.
- SERVE: Pour dressing on the salad and combine well. Top with the other ½ of the Feta cheese. Enjoy as a nourishing snack or side dish!



SHAVED FENNEL, ORANGE & ARUGULA SALAD

The base of this salad is an incredibly fiber-rich complex carb, farro, it will break down slowly, **keeping your blood sugars and energy levels stable**. Farro is also a fantastic **source of niacin (vitamin B3)** which helps the body **break down carbs, fat, and protein**, providing your body with an even more stable energy source.

Your **immune system will also benefit**, thanks to a type of carbohydrate found in farro called cyanogenic glucosides and the vitamin C provided by the oranges in this salad.

Fennel is a great source of Vitamin K, which can **reduce the risk of a heart attack or stroke, promotes eye health, improves memory and brain function, aids digestion, boosts metabolism, and helps to break down fat**.

Serves: 2

Prep time: 10 minutes

Cook time: 0-20 minutes

INGREDIENTS (ORANGE VINAIGRETTE)

QTY

LINKS TO BUY

Orange Juice

¼ cup

Extra Virgin Olive Oil

4 tbsp

[Olive Oil](#)

Thyme, removed from stem and
finely chopped or minced

1 tsp

[Thyme](#)

Honey

1 tsp

[Honey](#)

Dijon Mustard or other mustard

1 tsp

[Dijon mustard](#)

Sea Salt and Freshly Ground
Pepper

To taste

[Salt](#)

INGREDIENTS (SALAD)

QTY

LINKS TO BUY

Fennel bulb, thinly sliced or
shaved

1 cup

Arugula

2 cups

Orange, peeled and sliced
into segments

½ ea

INGREDIENTS (FARRO GRAIN)

QTY

LINKS TO BUY

Water

2 cups

Farro, uncooked

½ cup

[Farro](#)

INSTRUCTIONS

- For Vinaigrette: Place the orange juice, thyme, honey, and dijon mustard in a small bowl and whisk together. Continue to whisk while pouring the olive oil in a constant stream into the bowl.
- Once ingredients are combined, season with salt and pepper to taste.
- For Salad: Finely chop or slice fennel into long slithers. Here's how: You eat the bulb, so cut off the top longer stalks and fronds (called fennel feathers). You also cut out the 'root/heart' at the base in a triangle cutting shape, because this is too tough/bitter to eat. You should be left with the fennel layers, which should be crunchy and sweet. Then slice into thin slithers.
- Slice the orange into long segments, by cutting off the peel.
- Mix fennel, orange, and arugula in a bowl with the vinaigrette.
- For the farro grain: Turn this light salad into a satisfying meal by adding a cooked grain. In a medium saucepan combine the water, a dash of salt, and farro. Bring to a boil over high heat, then reduce to low.
- Cover and simmer until the farro is tender but not overcooked, about 20 minutes.
- Once cooked, drain, and rinse under running cold water to cool the farro.
- Toss the farro with the salad and chill or serve immediately!



MINTY MELON FETA SALAD

This snack will refresh all of your senses! For those dealing with **diabetes and challenged kidneys**, eating watermelon will help.

A large percentage of watermelon is just what it's named for - water! This ensures you will **stay hydrated**, a very important factor for good health and **weight loss**. High **antioxidant** levels from the fruit and the mint make this a healing dish for all.

The feta cheese, sesame seeds, and olive oil all contribute to the **satisfaction**, taste factor, and satiety of this dish, making this a snack that will help **lift you out of an energy slump**.

Serves: 2

Prep time: 5-10 minutes

Cook time: 0 minute

INGREDIENTS

QTY

LINKS TO BUY

Watermelon, cut into chunks

3 cup

Feta cheese, crumbled

1 oz

Mint, rough chop

1/3 bunch

Sesame seeds (use black sesame seeds if you can get them!)

2 tbsp

[Black Sesame Seeds](#)

Olive Oil

3 tbsp

[Olive Oil](#)

Lime, juiced

1 ea

[Lime Juice](#)

Salt

1/4 tsp

[Salt](#)

Pepper

1/4 tsp

[Cracked Black Pepper](#)

INSTRUCTIONS

- Add cut watermelon into a bowl. Layer feta cheese, mint, and sesame seeds.
- In a small bowl, whisk together the following: Olive oil, lime juice, salt, and pepper.
- Pour olive oil mixture over watermelon mixture.
- Serve as is, with each bite a refreshing combination of flavors!



RECIPE NOTES

Try subbing out different melons, fruit, cheese, fresh herbs, or seeds for variety.



WANT MORE?

WE OFFER EXPERT COACHING, A PRIVATE COMMUNITY AND LIVE EVENTS IN OUR CONTINUING SUCCESS MEMBERSHIP.

EMAIL MEMBER@HOMEMADE-COOKING.COM FOR MORE INFO.

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