

Watermelon Arugula Salad Recipe: Hydrate, Nourish, and Glow

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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.

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INGREDIENTS

■ 4 cups seedless watermelon cubes (about 1/2-inch)

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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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