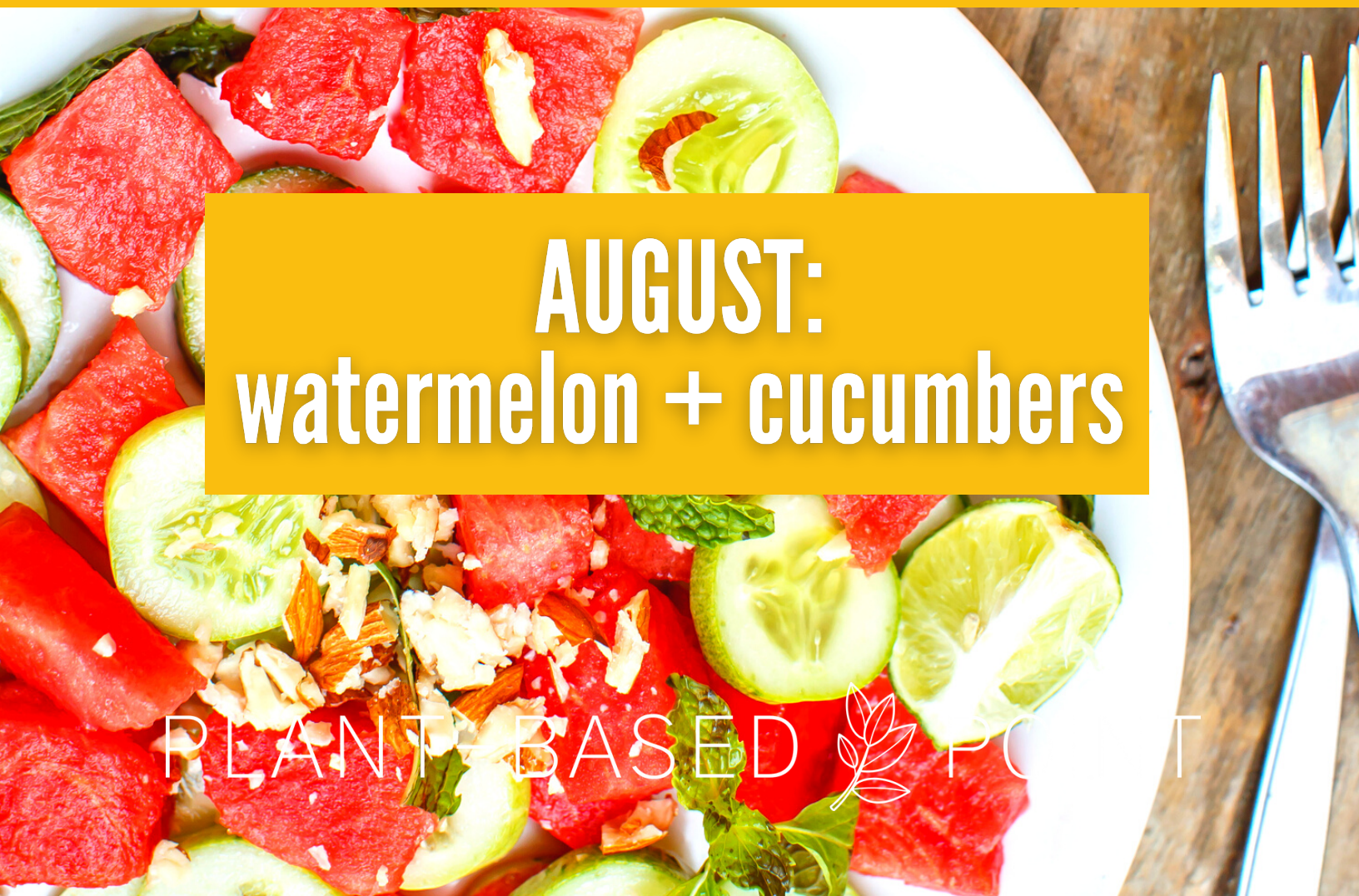




Summer Market Series



AUGUST:
watermelon + cucumbers

PLANT-BASED  PC T

In this guide:

1. nutrition

2. sample menu

3. printable shopping list

4. instructions

5. recipes

6. resources

featuring



cucumbers



watermelon

NUTRITION

WATERMELON

hydration

antioxidants

vitamin c

good for blood pressure

lycopene = heart disease

free radicals = digestion

NUTRITION

CUCUMBERS

protein

fiber

vitamin K, C, A

magnesium

antioxidants

hydration



sample menu

(serves 4)

- Salad Sandwiches
- Cucumber, Watermelon + (Vegan) Feta Salad
- Easy Pickled Cucumbers
- Watermelon Pops



printable shopping list

(serves 4)

PRODUCE:

1 large (1-lb) and 1 small (4 cups, cubed) watermelon
5 seedless cucumbers
1 red onion
1 onion (any variety)
2 medium tomatoes
Your favorite lettuce (arugula, spinach, iceberg, romaine, etc.)
2 limes
Basil (1 TBSP)
Mint (1 TBSP)

PANTRY:

Olive oil (to taste - for salad)
Granulated sugar (2 TBSP + 1/2 cup)
White vinegar (1/2 cup)
Salt + pepper

REFRIGERATED:

1 container vegan feta or mozzarella
1 container of your favorite hummus
1 package vegan cheese slices (optional)

OTHER:

Pecans or pine nuts (optional - about 1/2 cup)
Loaf of your favorite bread (we love pumpernickel, sourdough, or a crusty bread for this!) - enough for 4 sandwiches

instructions

By using the shopping list, menu recipes (see following pages) and following the below order, you'll have a menu batch-cooking win!

FIRST:

The day before or morning of your meal, make watermelon popsicles.

SECOND:

About 1.5-2+ hours (can make day before), make Easy Pickled Cucumbers.

THIRD:

About 20 minutes before you're ready to eat, assemble Cucumber, Watermelon + (Vegan) Feta Salad.

FOURTH:

Assemble Salad Sandwiches.

FIVE:

Enjoy Salad Sandwiches alongside salad and pickled cucumbers.

SIX:

But out the Watermelon Popsicles for Dessert!

Watermelon Popsicles

serves 8-12+

- 1 pound watermelon
- 2 tablespoons sugar
- 2 tablespoons lime juice

Cut your watermelon into small chunks (discard the rind), and toss into a blender with the sugar and lime juice. Blend until smooth, adding enough water (or fruit juice) so that the mixture liquefies. Pour into popsicle molds and freeze 8 hours or overnight.



Easy Pickled Cucumbers

serves 4+

- 2 seedless cucumbers, very thinly sliced
- 1 onion (any variety), thinly sliced

Salt cucumber and onion slices for 30 mins in a large bowl. Then add:

- 1/2 c white vinegar
- 1/2 c white sugar
- 1/3 cup water

Let sit for 1.5 hours and then refrigerate until ready to eat.



Cucumber, Watermelon + (Vegan) Feta Salad

serves 4

- 4 cups watermelon, rind removed and cubed
- 2 seedless cucumbers (approximately 1 cup), sliced
- 3-4+ ounces feta cheese, crumbles or cut into cubes
- 1 tablespoon chopped mint
- 1 tablespoon chopped basil
- 1 lime, juiced
- 1/2-1 cup chopped pecans or pine nuts (optional)
- Kosher salt and fresh ground black pepper to taste
- Olive oil to taste

In a large serving bowl add the watermelon, cucumber, feta, basil and mint. Squeeze the lime over the salad, drizzle with olive oil and season with kosher salt and fresh ground black pepper. Add nuts if using. Stir to combine. Taste for seasoning and serve.



We love Follow Your Heart feta crumbles. Violife, Trader Joe's and other brands have a plant-based feta, too! Don't like feta? Try Miyokos mozzarella!

Salad Sandwich

serves 4

As seen in *"PLANT-BASED
COLLEGE COOKING: The
Ultimate Guide for the
Broke + Busy!"*

- 8 slices of your favorite bread (a darker or grainier bread is our favorite)
- 1 container your favorite hummus
- 2 medium tomatoes, sliced
- 1/4 red onion, sliced very thinly
- 1 large cucumber, sliced
- 4-8 slices vegan cheese (optional)
- Your favorite lettuce (iceberg, arugula, romaine, butter, etc.)

Spread one side of each slice of bread with 2-3 TBSP hummus. Layer veggies (and vegan cheese, if using) on one slice and place second slice on top. Cut in half diagonally (if you're feelin' snazzy) and dive in!



resources

Our Cookbooks:

"BEEFLESS CAKES: Easy + Affordable Plant-Based Recipes featuring Beefless Cakes"

"PLANT-BASED COLLEGE COOKING: The Ultimate Guide for the Broke + Busy"

Our Website: <https://plantbasedpoint.com>

Our YouTube Channel: <https://youtube.com/c/plantbasedpoint>

Our Email: plantbasedpoint@gmail.com

Our Favorite Products: <https://www.plantbasedpoint.com/products>

Our Favorite Resources: <https://www.plantbasedpoint.com/resources>

Share With Us

We love seeing your kitchen handiwork. Tag @plantbasedpoint
across social media to share your creations!



robin +
jules
proud founders of
PLANT-BASED POINT