



Summer Melon Salad

Makes 4 servings

Ingredients

- 1 cup cubed cantaloupe or watermelon
- 1 cup cherry tomatoes, cut in halves
- 1 cup diced cucumber
- ¼ cup chopped fresh mint
- 1 tablespoon extra-virgin olive oil
- 1 teaspoon honey
- ½ cup feta cheese crumbles
- lemon juice, to taste
- freshly ground black pepper, to taste
- *optional: salt, to taste

Directions

1. In a large bowl, combine the melon, tomatoes, cucumber and mint. Toss. Set aside.
2. In a small bowl, whisk together the olive oil and honey. Drizzle over the salad and top with feta cheese. Season with lemon juice and pepper, to taste. Add a sprinkle of salt, if desired.*
3. Serve immediately.

*Option not included in nutrition facts.



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TIP

Turn up the heat with harissa paste! It'll only take 1 tablespoon of this chili-pepper-infused paste to give an extra kick! Add it to the olive oil and honey dressing, adjusting the amount to your taste.

= gluten free

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Nutrition Facts

Serving Size 1 cup (133g)
Servings Per Container 4

Amount Per Serving

Calories 110 **Calories from Fat 70**

% Daily Value*

Total Fat 8g **12%**

Saturated Fat 3.5g **18%**

Trans Fat 0g

Cholesterol 15mg **5%**

Sodium 220mg **9%**

Total Carbohydrate 8g **3%**

Dietary Fiber 1g **4%**

Sugars 6g

Protein 4g

Vitamin A 40% • Vitamin C 35%

Calcium 10% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Recipe contains: milk

Carb choices per serving: ½