



FEED OUR FUTURE®

Local Foods for Growing Minds



Cucumber Melon Salad

Featured Item: Melon
Serving Size: 1 cup • Yield 4

Fun Facts:
Cantaloupe is an excellent source of vitamin C and A

Try It!
Use cantaloupe in place of tomato to create a refreshing summer salsa.

INGREDIENTS

1 1/2 cucumbers, peeled and diced
1/2 cantaloupe, cubed
1/4 cup red onion, finely sliced
2 tablespoons pepitas or sunflower seeds
handful torn fresh basil
2 tablespoons olive oil
1 1/2 tablespoon red wine vinegar
salt & pepper to taste



DIRECTIONS

1. Combine the cucumbers, cantaloupe, red onion, pepitas or sunflower seeds and basil in a large bowl.
2. Whisk together the olive oil, vinegar, salt and pepper.
3. Pour the dressing over the salad and toss to combine.

NOTE:

- If making ahead of time, dress the salad just before serving.

NUTRITION FACTS

Calories: 120
Total Fat: 9g
 Saturated Fat: 1g
 Trans Fat: 0
Cholesterol: 0
Sodium: 145mg
Total Carbohydrate: 9g
 Dietary Fiber: 1g
 Total Sugars: 6g
Protein: 2g



Scan the code to learn more about Harvest of the Month.

Make this dish. Make an impact. When you choose to buy, prepare, and eat fresh, local foods, it's better for you and your community!

Cook and share with #feedourfutureohio.



Recipe and nutritional info provided by our partner,
Pisanick Partners LLC

Email ohiofeedourfuture@gmail.com for full nutrition facts.