

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



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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!

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

Email ohiofeedourfuture@gmail.com for full nutrition facts.