



Cucumber Melon Salad

Featured Item: Melons

Serving Size: 1 cup • Yield 50

HACCP Process #1:

No Cook

Child Nutrition Credit:

1/2 cup of Other Vegetable,
3/8 cup of Fruit

INGREDIENTS

- 7 lbs. cucumbers
- 12 lb., 8 oz. cantaloupe
- 1 lb., 9 oz. red onion
- 1 1/2 c. pepitas or sunflower seeds
- 3 c. fresh basil leaves
- 1 1/2 c. olive oil
- 1 c., 3 Tbsp. red wine vinegar
- 1 Tbsp. salt
- 2 tsp. pepper



DIRECTIONS

1. Prep the produce:
 - o peel and dice the cucumber
 - o cube the cantaloupe
 - o thinly slice red onion
 - o chop basil
2. Combine the cucumbers, cantaloupe, red onion, pepitas or sunflower seeds and basil in a large bowl.
3. Whisk together the olive oil, vinegar, salt and pepper.
4. 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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