



# CANTALOUPE SALAD

Makes 4 Cups

## Ingredients

1 medium cantaloupe, peeled and seeded, cut into 1-inch cubes

½ red onion, sliced into very thin rings

⅓ cup fresh mint, chopped

¼ cup olive oil

¼ cup white balsamic or white wine vinegar

¼ cup honey

½ teaspoon salt

¼ teaspoon black pepper

## Directions

1. In a large bowl, combine cantaloupe, onion and mint.
2. In a separate bowl, whisk together olive oil, vinegar, honey, salt and pepper. Pour over melon, onion and mint.
3. Toss gently until well blended. Eat immediately or refrigerate.

**Nutrition Facts:** Serving size ½ cup, Calories 120, Total Fat 7g, Sodium 158mg, Total Carbohydrate 15g, Dietary Fiber 2g, Protein 1g

## What to look for

- Melons that have the characteristic cantaloupe smell.
- A smooth, rounded stem scar.
- A blossom end that yields slightly to pressure.
- Rind with raised, well-developed netting.
- Melons free of cuts, bruises or other defects.



## How to store

- For unripe whole melons, store at room temperature for 1 to 2 days.
- For ripe whole melons, store unwashed in the refrigerator crisper drawer for 5 to 15 days depending on their degree of maturity. Wash just before preparing or eating.
- Scrub the rind with a vegetable brush under clean running water before cutting.
- Refrigerate cut cantaloupe.

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The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local Department of Human Services Office or call 1-866-311-4287 (toll-free). This project is funded under an agreement with the State of Tennessee. In cooperation with Tennessee State University Cooperative Extension. The USDA is an equal opportunity provider and employer. Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development. University of Tennessee Institute of Agriculture, U.S. Department of Agriculture and county governments cooperating. UT Extension provides equal opportunities in programs and employment.