

Lime-Mint Melon Salad

Salad of the Month – August 2012



Fresh fruit with lime and mint make a delightful chilled snack full of vitamin C for everyone.

Prep Time: 20 Min

Start to Finish: 2 Hr. 20 Min

Makes: 6 servings

INGREDIENTS

- 1 1/2 cups 1/2-inch cubes honeydew melon (1/2 medium)
- 1 1/2 cups 1/2-inch cubes cantaloupe (1/2 medium)
- 1 teaspoon grated lime peel
- 3 tablespoons lime juice
- 2 tablespoons chopped fresh or 1 tablespoon dried mint leaves
- 1 teaspoon honey
- 1/4 teaspoon salt

DIRECTIONS

1. In medium glass or plastic bowl, toss ingredients.
2. Cover; refrigerate about 2 hours or until chilled.

Recipe Provides: Fruits 1/2c

NUTRITION INFORMATION PER SERVING

Serving Size:	1 Serving	Calories:	40	Calories from Fat:	0
Total Fat:	0 g	Saturated Fat:	0 g	Cholesterol:	0 mg
Sodium:	110 mg	Total Carbohydrate:	9 g	Dietary Fiber:	0 g
Sugars:	8 g	Protein:	0 g		



This recipe was adapted from WWW.eatbetterearly.com