

Cantaloupe Cucumber Salad

SERVING SIZE: 1 cup
SERVINGS: 10
PREPARATION TIME: 5 minutes
READY IN: 15 minutes

INGREDIENTS:

- 1 large cantaloupe
 - 2 cups sliced cucumber
 - 1 cup plain yogurt, Greek works best
 - 1 teaspoon honey
 - 1 1/2 Tablespoon lime juice
- Optional: Add the zest of 1 lime for more flavor

DIRECTIONS:

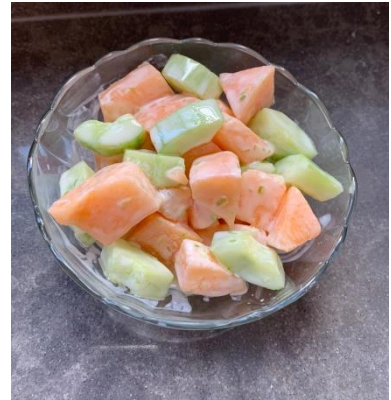
1. Cut cantaloupe in half and scoop out the seeds.
2. Slice melon into wedges and remove rind. Cut melon into cubes.
3. Peel cucumber, cut in half lengthwise. Scoop out seeds with a spoon and slice into bite size pieces.
4. In a large bowl, mix yogurt, honey and lime juice.
5. Add melon and cucumber mix well, chill and enjoy.

CANTALOUPE TIPS:

Choose a sweet smelling, heavy cantaloupe with rough outer texture. Ripe melons will be slightly soft when pressed.

Store at room temperature for 2 days to ripen or 5 days in refrigerator.

Enjoy cantaloupe on top of yogurt, blended in a smoothie, or mixed with other fruits or veggies.



NUTRITION FACTS:

Amount Per Serving	
Calories	45
Total fat	0g
Saturated fat	0g
Cholesterol	0mg
Sodium	22mg
Total Carbohydrate	9g
Fiber	1g
Sugar	6g
Includes 1g of Added Sugars	
Protein	3g
Phosphorus	17mg
Potassium	287mg

EQUIPMENT NEEDED:

- Cutting board
- Knife
- Mixing bowl
- Measuring spoons