



Summer Melon Salad with Mint and Prosciutto

Ingredients (Serves 6-8. Prep time: 30 minutes.)

- 1 small seedless watermelon, between 3-4 pounds
- 1 pound cantaloupe (about ½ medium-sized melon)
- ¼ cup loosely packed fresh mint leaves, minced
- 6 ounces feta cheese, crumbled or cut in ½-inch cubes
- 6-8 ounces prosciutto or ham, thinly sliced
- ¼ cup red wine vinegar
- 2 tablespoons olive oil
- Salt and ground black pepper, to taste

Preparation

Cut each of the melons in half. Scoop the seeds out of the cantaloupe. Using a sharp knife, trim the rind off the melons and cut the flesh into 1-inch cubes. Gently mix all ingredients in a large mixing bowl. Serve on crisp lettuce leaves and garnish with the prosciutto.

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Ingredient checklist

PRODUCE

- Seedless watermelon
- Cantaloupe
- Mint

GROCERY

- Red wine vinegar
- Olive oil

REFRIGERATED/FROZEN

- Feta cheese

MEAT/SEAFOOD

- Prosciutto or ham

SPICES/SEASONINGS

- Sea salt
- Black pepper

Serving suggestion

Pair this salad with fresh salad greens or a couscous salad, crostini and sweet tea for the perfect al fresco lunch or summer salad buffet. Experiment with different varieties of seasonal fruits: honeydew, strawberries, blueberries, and pineapple are delicious contrasts to the salty prosciutto and feta.

Nutritional information per serving

197 calories	21 g carbohydrate
10 g fat	1 g fiber
29 mg cholesterol	9 g protein
581 mg sodium	

The nutritional values and information provided are approximations.