



CANTALOUPE SALAD

By Dr. Cindy Tanzar
(Standard/Vegan)

Looking for new ways to enjoy our everyday foods gives a great boost to our food satisfaction. This light recipe is easy, tasty and provides a good balance of savory and sweet. It's a great option for a picnic or as a beautiful side dish to impress your guests.

This recipe can last up to 3 days, if your cantaloupe and veggies are firm but ripe, however, it is best eaten the same or next day. You can also cut the recipe in half for a smaller portion.

This recipe contains 4 equally-divided servings. One serving covers your fruit, 1/2 fat and 1/2 cup raw vegetable for one meal. Just add 1-1/2 cups raw or 3/4 cup cooked vegetable to complete your vegetable serving and 1-1/2 tsp fat to complete your fat serving.



INGREDIENTS

Salad

- 3/4 cup cucumber, very thinly sliced
- 3/4 cup cherry tomatoes, halved
- 1/2 cup red onion, thinly sliced
- 1 Tbsp extra virgin olive or avocado oil



2 tsp apple cider vinegar

Pink Himalayan salt & freshly-ground pepper, to taste

Dressing

3 Tbsp lime juice (2-3 limes)

1/8 tsp liquid pure stevia drops

A pinch of Pink Himalayan salt

1 Tbsp extra virgin olive or avocado oil

Cantaloupe

4 cups cantaloupe, cubed or scooped with a melon baller

2-3 Tbsp fresh mint (found in the produce dept with other herbs)

INSTRUCTIONS

Add cucumber, tomato and onion to a small mixing bowl and top with olive oil, vinegar, salt and pepper. Toss lightly and set in the frig while preparing other ingredients.

Prepare dressing by adding lime juice, stevia, salt and olive oil to a small bowl (whisking well), or to a small spice jar and shaking. Add cantaloupe to a large serving bowl and top with dressing, gently tossing to combine.

Spoon the cucumber-tomato-onion salad on top of the cantaloupe, leaving excess liquid behind. Toss gently and garnish with fresh mint. (Mint does best waiting until serving time.)