



RECIPE | MELONS

CREAMY MELON SALAD



15 min
PREP.



2



easy

15 min

0 min
COOKING

INGREDIENTS

2 Pure Flavor® Solara™ Mini Melons
2 cooked chicken breasts, roughly chopped
8 oz sliced water chestnuts
2 cups celery, finely chopped
2 cups seedless grapes, halved
½ cup sour cream
½ cup plain yogurt
1½ tsp curry powder
Salt and pepper, to taste



DIRECTIONS

- 1 Cut top off melon, leaving $\frac{3}{4}$ of the melon intact. Using a melon baller or spoon, scoop out flesh and remove seeds. Set melons bowls aside for serving.
- 2 In a large bowl, mix sour cream, yogurt, and curry powder. Add in celery, grapes, and water chestnuts. Fold in melon balls to combine.
- 3 Season with salt and pepper to taste.
- 4 Serve in melon bowls and top with chicken.