



RECIPE | MELONS

# MELLOW MELON SALAD



20 min  
PREP



4



easy

20 min

N/A  
COOKING

## INGREDIENTS

### For the salad:

2 Pure Flavor® Solara® Melons  
1 Dry Pint Pure Flavor® Sangria® Medley Tomatoes, halved  
2 ears of corn, shucked and charred  
1 butternut squash, spiralized  
1 **tbsp** parsley, chopped  
1 **tsp** mint, chopped  
½ **tsp** thyme, chopped  
salt and pepper to taste  
lemon, for garnish

### For the dressing:

1 **small** shallot, minced  
1 lemon, juiced  
½ **cup** olive oil  
3 **tsp** maple syrup  
salt and pepper to taste



## DIRECTIONS

- 1 Halve melons and scoop out the seeds. Using a melon baller or spoon, scoop out flesh, chop one melon and wedge the other melon.
- 2 In a blender, blend dressing ingredients until smooth and set aside.
- 3 In a medium bowl, add chopped melon, tomatoes, squash, corn, parsley, mint, thyme, and drizzle with dressing.
- 4 On a serving plate, place the melon wedges, top with melon mixture and garnish as desired. Enjoy!