



RECIPE | MELONS



MELON ARUGULA SALAD



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MELON ARUGULA SALAD



INGREDIENTS

- 2** Pure Flavor® Solara® Mini Melons, cubed
- 1** Pure Flavor® Long English Cucumber, cut into matchsticks
- ½** red onion, finely chopped
- 4 cups** baby arugula
- ¼ cup** fresh basil, chopped
- ¼ cup** pumpkin seeds, roughly chopped
- 3 tbsp** Parmesan cheese, roughly chopped
- 3 tbsp** lemon juice
- 1 tbsp** extra-virgin olive oil

- 1½ tsp** honey
- Salt and pepper, to taste
- Red pepper flakes, for garnish

DIRECTIONS

- 1** In a large bowl whisk lemon juice, olive oil, honey, salt, and pepper. Add arugula and toss to coat.
- 2** Add onion, melon, cucumber, basil, and pumpkin seeds and combine.
- 3** Top with Parmesan and red pepper flakes.



10 min

10 min
PREP.

0 min
COOKING



4



easy