## **RECIPE | MELONS**

## MELON ARUGULA SALAD

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## **MELON ARUGULA SALAD**





easy

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 thsp Parmesan cheese, roughly chopped
3 thsp lemon juice
1 thsp extra-virgin olive oil

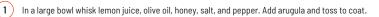
**1 ½ tsp** honey Salt and pepper, to taste Red pepper flakes, for garnish

DIRECTIONS

2

3

NGREDIENTS



Add onion, melon, cucumber, basil, and pumpkin seeds and combine.

Top with Parmesan and red pepper flakes.