



RECIPE | MELONS

MELON ARUGULA SALAD


10 min

10 min
PREP.
0 min
COOKING


4


easy

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.