

RECIPE | MELONS



# MELON AND BLACKBERRY SALAD



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**15 min**

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PREP.

**N/A**  
COOKING



**4**



**easy**

## INGREDIENTS

### For the salad:

- 2** Pure Flavor® Solara® Melons
- 1 cup** blackberries
- 1 cup** baby spinach
- 1** shallot, sliced

### For the dressing:

- 3 tbsp** olive oil
- 1 tbsp** honey
- 1** lemon, juiced
- 1 tsp** salt
- 3 tbsp** almonds, sliced and toasted, for garnish

## DIRECTIONS

- 1** In a small bowl, combine all dressing ingredients and set aside.
- 2** Halve melons and scoop out the seeds. Using a melon baller or spoon, scoop out flesh and set melon bowls aside.
- 3** In a separate small bowl, combine all salad ingredients, drizzle with dressing, and toss well. Transfer salad mixture to melon bowls for serving. Garnish as desired.