



RECIPE | MELONS

MELON AND BLACKBERRY SALAD



15 min
PREP.



4



easy

15 min

N/A
COOKING

INGREDIENTS

For the salad:

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

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.