

RECIPE | MELONS



MELON AND CUCUMBER SALAD WITH FETA



PURE-FLAVOR.COM

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15 min

15 min
PREP.

N/A
COOKING



4



easy

INGREDIENTS

For the salad:

- 2** Pure Flavor® Solara® Melons
- 1** Pure Flavor® Long English Cucumber, seeded and sliced
- 1½ cup** kale, shredded
- 1 cup** feta cheese, crumbled
- ¼ cup** red onion, finely chopped
- 3 tbsp** mint, chopped

For the dressing:

- ½ cup** olive oil
- 1** lemon, juiced
- 1 tbsp** honey
- ½ tsp** salt
- ½ tsp** pepper

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 small separate bowl, combine all salad ingredients, drizzle with dressing, and toss well. Transfer salad mixture to melon bowls for serving. Garnish as desired.