



RECIPE | MELONS

# MELON AND CUCUMBER SALAD WITH FETA



15 min  
PREP.



4



easy

15 min

N/A  
COOKING

## INGREDIENTS

### For the salad:

- 2 Pure Flavor® Solara® Melons
- 1 Pure Flavor® Long English Cucumber, seeded and sliced
- 1 ½ 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.