

RECIPE | MELONS



SOLARA® BRUSSELS SPROUT SALAD



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SOLARA® BRUSSELS SPROUT SALAD



INGREDIENTS

- 2 Pure Flavor® Solara® Mini Melons
- 1 leek, sliced
- 2 cups Brussels sprouts, shredded
- ¼ cup dried cranberries
- 4 tbsp olive oil
- 2 tbsp coconut oil, divided
- 2 tbsp pumpkin seeds
- 2 tbsp apple cider vinegar

- 2 tbsp lemon juice
- 1 tbsp sugar substitute
- 2 tsp garlic, minced
- ½ tsp fresh thyme
- Salt & pepper, to taste

DIRECTIONS

- 1 Halve the melons and scoop out the seeds.
- 2 Using a spoon, scoop out the flesh, set the melon bowls aside, and dice the scooped melon.
- 3 In a small bowl, combine the olive oil, apple cider vinegar, lemon juice, and sugar. Set aside.
- 4 In a large skillet, sauté leeks with 1 tablespoon of coconut oil over medium-low heat for 5 minutes until the leeks are soft.
- 5 Add garlic, thyme, Brussels sprouts, and remaining coconut oil. Cook for another 5 minutes.
- 6 Reduce the heat to low and add the reserved dressing mixture. Remove from heat after completely mixing.
- 7 Toss in diced melon, pumpkin seeds, and cranberries, and season with salt & pepper, to taste. Transfer to melon bowls and enjoy.



20 min

10 min
PREP.

10 min
COOKING



4



easy