

Fresh Melon Salad

<u>Code</u>
\$, RH, Q, V, DF, GF

Ingredients Needed:

- 1 cup watermelon, cubed
- 1 cup cantaloupe, cubed
- 1 cup honeydew melon, cubed
- 1 Tbsp honey
- 1 ½ tsp raspberry vinegar
- 1 ½ tsp extra virgin olive oil
- 1/4 tsp red pepper flakes (optional)

<u>Nutrition Facts:</u>	
Yield	4
Calories	72
Total Fat	2 g
Sat Fat	0 g
Sodium	15 mg
Calcium	mg
Total Sugars	13 g
Fiber	1 g
Carbohydrate	14 g
Protein	1 g

Recipe Directions:

- Combine all melons into a large bowl
- In a medium size bowl mix together honey, raspberry vinegar, olive oil and pepper flakes.
- Pour dressing over melons gently coat the melons
- Chill and serve!

