

Cantaloupe & Cucumber Medley

Ingredients:

Makes: 4 servings about 3/4 c
(Carb per Serving: 7 gms)

- 2 Tbsp. Balsamic Vinegar
- 2 Tbsp. Extra-virgin olive oil
- 1/2 lg. cantaloupe, peeled, deseeded, and diced or ribboned (1.5 c.)
- 1/2 lg. cucumber, peeled, deseeded, sliced or ribboned (1.5 c.)
- 3 tbsp. crumbled feta cheese
- 1 tbsp. snipped fresh basil
- 1 tbsp. snipped fresh mint



Adapted from: www.diabeticlivingonline.com/recipe/cantaloupe-and-cucumber-salad
Photo Credit: <https://cooking.nytimes.com/>

Method:

1. In a small bowl whisk together balsamic vinegar, sea salt, and black pepper. Whisk in olive oil to combine.
2. In a large bowl toss together cantaloupe, cucumber, feta cheese, basil, and mint. Drizzle vinaigrette over the mixture. Toss lightly. Serve immediately.

Nutrition Facts

4 servings per container

Serving size

Amount Per Serving

Calories **80**

% Daily Value*

Total Fat 5g **6%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 240mg **10%**

Total Carbohydrate 7g **3%**

Dietary Fiber 1g **4%**

Total Sugars 6g

Includes 0g Added Sugars **0%**

Protein 2g **4%**

Not a significant source of vitamin D, calcium, iron, and potassium

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Tips on Cucumbers

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How To Store:

Wrap each cucumber in a paper towel. Place wrapped cucumbers together in plastic bag. Refrigerate.



How To Use:

Peel and deseed. Eat raw as a snack or add to salads, smoothies, or infused waters.



Health Benefits:

Lowers Risk of Heart Disease, Diabetes, & Cancers; Promotes Healthy Aging.

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