



Melon Mint Salad

Source: John C. Stalker (johnstalkerinstitute.org)

Servings

6

Ingredients

1 ½ tsp Honey

1 ½ tsp Lemon juice

1 lb Watermelon, *cubed*

1 lb Honeydew, *cubed*

1 lb Cantaloupe, *cubed*

2 Tbsp Fresh mint leaves, *chiffonade or minced*



Preparation

1. In a small bowl, combine honey and lemon juice. Stir well and set aside.
2. Wash the outside of each melon.
3. Cut away melon rinds and cut melon into 1-inch cubes.
4. In a large bowl, add melon cubes and combine. Pour honey and lemon mixture over melon and mix lightly to combine.
5. Sprinkle mint over melon mixture and mix lightly to combine.
6. Cover and refrigerate until ready to use or serve immediately.

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MONTANA



Herbs

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