

Cantaloupe Salad with Mint and Lime

Ingredients

1 medium cantaloupe, peeled, seeded, and cut into cubes
1 tablespoon fresh lime juice (about half a lime)
1 tablespoon honey (optional)
Fresh mint leaves (about 6-8 leaves), chopped
A pinch of salt (optional)

Directions

Start by cutting the cantaloupe in half. Use a spoon to scoop out the seeds from the center of each half. Next, use a sharp knife to peel off the skin from each half. Once the skin is removed, cut the melon into slices, then into cubes or bite-sized chunks.

In a small bowl, squeeze the juice of about half a lime. If you like a little sweetness, add the tablespoon of honey to the lime juice. If you're aiming for a slightly savory taste, a pinch of salt can help enhance the flavors of the cantaloupe. Whisk everything together until the honey is dissolved (if using).

Take the fresh mint leaves and stack them. Roll the leaves up tightly into a small bundle, then slice them thinly into ribbons (this is called a chiffonade).

Pour the lime and honey dressing over the cantaloupe and mint. Gently toss the salad with a spoon or tongs to coat the melon evenly with the dressing. Be gentle when mixing to avoid squashing the cantaloupe pieces.

Once everything is well combined, transfer the salad to a serving bowl or individual bowls. Garnish with extra mint leaves on top for a pop of color and extra freshness.