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

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.

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.

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%

*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.

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Adapted from: www.diabeticlivingonline.com/recipe/cantaloupe-and-cucumber-salad
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