

mint and melon salad

Serves: 6 (2/3 cup)

Prep time: 10 min

Per serving: 44 calories, 0.2 g fat, 9 mg sodium

2 cups diced cantaloupe

1 cup orange slices (1 medium orange)

3 TBS lime or lemon juice

1 cup diced apples (1 small-medium apple)

2 TBS chopped fresh mint

1. In a large bowl, combine melon, apples, and oranges.
2. In a medium bowl, combine mint and lime/lemon juice. Pour over fruit mixture. Mix just a little bit to spread the citrus juice, but not enough to bruise the fruit. Chill 1 hour to blend flavors. Serve cold.