



## Cilantro Cucumber-Melon Salad

*Serves 6, 1 cup servings*

### Ingredients:

- 2 tablespoons lime juice
- 2 tablespoons olive oil
- ¼ teaspoon salt
- 1/8 teaspoon crushed red pepper
- 1 medium cucumber, halved and sliced (2 cups)
- 2 cups thinly sliced honeydew melon
- 1 cup arugula
- 1 cup chopped fresh cilantro
- ¼ cup crumbled feta cheese

### Directions:

1. In a large bowl mix together lime juice, oil, salt and crushed red pepper.
2. Stir in cucumber, melon, arugula and cilantro.
3. Sprinkle with cheese.

### Nutrition Information based on 1 serving:

Calories: 85	Total Fat: 6 g	Total Carbohydrate: 7 g	Dietary Fiber: 1 g
Protein: 1.7 g	Sodium: 168 mg	Calcium: 48.5 mg	Iron: 0.33 mg

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