



Cucumber Honeydew Salad

Serves 6

Ingredients

- 1 small honeydew melon - peeled, seeded and cubed
- 2 cucumbers, peeled and sliced
- 1/2 red onion, minced
- 1 bunch fresh mint, minced
- 1/3 cup extra-virgin olive oil
- 1/2 lemon, juiced, or to taste
- salt and ground black pepper to taste

Preparation

1. Mix together honeydew melon, cucumbers, red onion and mint in a large bowl.
2. Add olive oil and toss to coat.
3. Stir in lemon juice, salt, and pepper to taste.
4. Cover and refrigerate until chilled, about 40 minutes.

Nutrition Information based on 1 serving:

Calories: 179
Protein: 1.5 g

Total Fat: 12 g
Sodium: 32 mg

Total Carbohydrate: 18 g
Calcium: 23 mg

Dietary Fiber: 2 g
Iron: 0.5 mg

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