



Cantaloupe Salad



Yield 10 Servings

Ingredients:

- 1 Small cantaloupe, cubed
- 1 Sweet onion, thinly sliced
- 1 Large cucumber, peeled, seeded and large diced
- 1 Red bell pepper, large diced
- 2 Tbsp. lemon juice
- 1 Tbsp. rice vinegar
- 1 Tbsp. olive oil
- 1/2 Tsp. salt
- 1/4 Tsp. black pepper

Source from: Acapulco Restaurant

Ask the Dietitian County of Los Angeles

www.lapublichealth.org/nutrition

Rev.6/2013

Dressing: In a small bowl, whisk lemon juice, vinegar, olive oil, salt and black pepper.

Preparation: In a large bowl combine cantaloupe, onion, cucumber, red bell pepper and dressing. Toss, cover, let sit in the refrigerator for 1 hour to let flavors blend and serve.

Nutritional information per serving:

Calories 50,
Fat 1.5 gm,
Fiber 1 gm,
Cholesterol 0 mg,
Sodium 130 mg



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