

Cucumber Honeydew Salad



**GREATER
CHICAGO**
- FOOD -
DEPOSITORY.

Scan for interactive recipe

Serves: 8

Prep: 10 minutes

INGREDIENTS

- 2 tablespoons lemon juice
- 1/4 cup cooking oil
- 1 teaspoon honey*
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- 1 medium cantaloupe or honeydew melon, diced
- 1 cucumber, diced
- 1/3 cup red onion, minced
- 3 tablespoons fresh dill, minced
- 1 cup crumbled feta cheese (optional)

DIRECTIONS

1. Make dressing by combining lemon juice, oil, honey, salt and pepper in a bowl and whisking to combine.
2. In a large bowl, add honeydew melon, cucumber, onion and dill. Toss to combine. Add salad dressing and mix to combine. Top with feta (optional) and serve.

*Substitutions

1 teaspoon honey	→	1 teaspoon maple syrup or agave nectar
------------------	---	--



Nutrition Information

Serving Size: 1/8 of recipe with feta cheese

Calories	159
Total fat	11 g
Saturated Fat	4 g
Cholesterol	17 mg
Sodium	261 mg
Carbohydrates	13 g
Fiber	1 g
Sugars	11 g
Protein	4 g

Notes:

- If you don't have fresh dill, substitute with 3 teaspoons of dried dill.

Recipe source: Two Peas and Their Pod