

MELON & FETA SALAD

SUPERFOOD

Portion: 2 cups
Yields: 4

Cool melon tossed with feta cheese, lettuce and mint



INGREDIENTS:

2 cups	Honeydew Melon, 1" Cubed	1/4 cup	Mint, Chopped
1/4 cup	Feta Cheese, Crumbled	3-1/2 Tbsp	Extra Virgin Olive Oil
1 cup	Cherry Tomatoes, Fresh, Halved	1/4 cup	White Balsamic Vinegar
2 cups	Frisee Lettuce (Curly Endive)	1/4 tsp	Kosher Salt
2 cups	Spring Mix Lettuce	1/4 tsp	Ground Black Pepper

METHOD:

Mix all ingredients together in a bowl and toss well to combine. To make ahead, mix diced melon, tomatoes, cheese and mint in a bowl and keep cold. Just before serving, toss with lettuce and season with oil, vinegar, salt and freshly ground black pepper.

CALORIES: 180

TOTAL FAT (g): 14

SATURATED FAT (g): 3

TOTAL CARB (g): 12

PROTEIN (g): 3

DIETARY FIBER (g): 2

SODIUM (mg): 260

CHEF'S NOTES:

Simple salad with a nice balance of sweetness from the melons and salty from the cheese. Select a well-ripened melon.

STRAWBERRY MELON AGUA FRESCA

SUPERFOOD

Portion: 1-1/2 cups
Yields: 5

Pureed strawberries and watermelon



INGREDIENTS:

1-3/4 cup	Strawberries, Capped, Sliced	1/4 cup	Fresh Mint, Chopped
2-1/2 cup	Watermelon, Peeled, Cubed 1"	1 qt-1 cup	Water

METHOD:

Place strawberries and watermelon into a blender and puree until very smooth. Add the mint and blend until chopped. Combine with water. Serve chilled or over ice.

CALORIES: 45

TOTAL FAT (g): 0

SATURATED FAT (g): 0

TOTAL CARB (g): 11

PROTEIN (g): 1

DIETARY FIBER (g): 2

SODIUM (mg): 10

CHEF'S NOTES:

Other berries can be substituted. Fresh basil can also be a blending herb for this drink.

MELON & SERRANO HAM SALAD WITH ALMONDS

Portion: 2 cups
Yields: 4

Cool melon tossed with Serrano ham and feta cheese



INGREDIENTS:

2 cups	Honeydew Melon, 1" Cubed	1/4 cup	White Balsamic Vinegar
1 cup	Cherry Tomatoes, Halved	1/4 tsp	Kosher Salt
1/4 cup	Mint, Chopped	1/4 tsp	Ground Black Pepper
1 qt	Arugula Lettuce Leaf	1/4 cup	Almonds, Blanched, Slivered
2 oz	Serrano Ham	1/4 cup	Feta Cheese, Crumbled
3-1/2 Tbsp	Extra Virgin Olive Oil		

METHOD:

Mix diced melon, tomatoes and mint in a bowl and keep cold. Shred thinly sliced ham into a bowl and ensure the ham does not clump together. Just before serving, add the arugula and toss the salad with oil, vinegar, salt and freshly ground black pepper. Serve garnished with feta cheese and toasted slivered almonds.

CALORIES: 250

TOTAL FAT (g): 20

SATURATED FAT (g): 4

TOTAL CARB (g): 12

PROTEIN (g): 7

DIETARY FIBER (g): 3

SODIUM (mg): 460

CHEF'S NOTES:

Use assorted melons such as honeydew, cantaloupe, watermelon, Crenshaw, etc.

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WATERMELON FETA PASTA SALAD

Portion: 2 cups
Yields: 6

Pasta salad with cilantro lime dressing with pumpkin seeds



INGREDIENTS:

4-1/2 cup	Cooked Bowtie Pasta	1 Tbsp	Shallots, Peeled, Chopped
3/4 cup	Pumpkin Seeds, Toasted	3/4 cup	Cilantro, Fresh, Chopped
4-1/2 cup	Watermelon, Cubed, 1"	1 each	Garlic Cloves, Peeled, Mashed
6 Tbsp	Feta Cheese, Crumbled	2-2/3 Tbsp	Pumpkin Seeds, Toasted
3/4 cup	Radish Slices	1/2 tsp	Kosher Salt
1-1/2 cup	Carrots, Sliced	1/8 tsp	Black Pepper, Ground
3/4 cup	Green Onions, Sliced	1 tsp	Brown Sugar
4-1/2 cups	Spring Mix	2-2/3 tbsps	Rice Wine Vinegar, Unseasoned
1/2 tsp	Kosher Salt	1/2 cup	Olive Oil
1/2 tsp	Ground Black Pepper	1/4 cup	Fresh Lime Juice

Dressing

CALORIES: 570

TOTAL FAT (g): 34

SATURATED FAT (g): 6

TOTAL CARB (g): 52

PROTEIN (g): 21

DIETARY FIBER (g): 8

SODIUM (mg): 490

METHOD:

Place all dressing ingredients into a blender and process until smooth. Cook pasta according to package directions. Place all salad ingredients into a bowl and toss with dressing.

CHEF'S NOTES:

Toast pumpkin seeds in a preheated 350F oven for 5-10 minutes or toast in a dry skillet over medium heat, stirring constantly. Seeds will start to pop and be fragrant when ready.