

Cantaloupe, Cucumber & Mint Salad

Bialik College Kitchen Garden Program



Bialik College

Ingredients:

- ☐ 2 cups Cantaloupe, skin removed and cut into bite-sized cubes
- ☐ 2 cups of cucumber, chopped into half-moons
- ☐ 15 large fresh mint leaves, torn or chopped
- ☐ **DRESSING:**
- ☐ 2 tablespoons extra virgin olive oil
- ☐ 1 lime, juiced
- ☐ Salt and pepper, to taste
- ☐ **GARNISH:**
- ☐ ½ cup feta cheese, crumbled

Equipment:

- ☐ Metric measuring cups and spoons
- ☐ Chopping board
- ☐ Cook's knife
- ☐ Mixing bowls
- ☐ Salad spinner
- ☐ Citrus juicer
- ☐ Wooden spoon
- ☐ Salad bowl – for serving

Method:

1. Prepare all ingredients as stated in the ingredients list above.
2. Combine cantaloupe, cucumber, mint and ¼ cup of feta in a large mixing bowl. Stir to combine using a wooden spoon.
3. Combine dressing ingredients in a measuring jug and stir to combine.
4. Pour dressing over the salad ingredients and toss gently to combine. Adjust seasoning as desired.
5. Place salad into a serving bowl and garnish with the remaining ¼ cup of feta and some fresh mint leaves.
6. Serve immediately or chill in refrigerator until ready to serve.

Enjoy! 😊