

Watermelon and Cantaloupe Salad with Mint and Basil Vinaigrette



Where service *and* savings matter.



SERVINGS: 12

INGREDIENTS:

- 1/4 cup sugar
- 2 Tbsp water
- 1/2 watermelon (from a 14-16 lb melon)
- 1 cantaloupe, cut in half, seeded
- 2 Tbsp freshly chopped mint leaves plus whole sprigs, for garnish
- 2 Tbsp freshly chopped basil leaves plus whole sprigs, for garnish
- 1 lemon, juiced (1/4 cup)
- 1/2 tsp amaretto, if desired

NUTRITIONALS

Nutritional analysis per serving:
calories 120, calories from fat 0, total fat 0g, saturated fat 0g, cholesterol 0g, sodium 15g, total carbohydrate 32g, dietary fiber 2g, sugars 30g, protein 1g, vitamin A 35%, vitamin C 40%, calcium 2%, iron 4%

DIRECTIONS:

1. Mix sugar and water in Pyrex measuring cup. Heat in microwave on high for 30-45 seconds until sugar is dissolved. Cool completely.
2. Carve watermelon out of shell and reserve shell. Cube melons into large bowl.
3. Add mint, basil, lemon juice and amaretto to sugar syrup to make vinaigrette; mix well.
4. Add vinaigrette to melon cubes and stir gently to coat.
5. Place in reserved shell and garnish with whole mint and basil leaves. Serve chilled.

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Shopping List

PRODUCE:

- 1/2 watermelon
- Cantaloupe
- Fresh mint
- Fresh basil
- 1 lemon

SPICES/SEASONINGS:

- Amaretto

GROCERY/FROZEN/MISCELLANEOUS:

- Sugar

FOLD