

Salad

Melon Salad with Prosciutto

Sidney Fry, MS, RD

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Servings: 4

Start to Finish Time: 40 minutes

2 cups sliced seeded watermelon
2 cups sliced seeded honeydew melon
1/3 cup red onion, very thinly vertically sliced
1 serrano pepper, very thinly sliced
2 ripe nectarines, pitted and sliced
1/4 teaspoon Kosher salt
3 tablespoons fresh lemon juice
2 tablespoons olive oil
1 1/2 tablespoons honey
4 cups arugula
1/4 cup fresh mint leaves, torn
3 ounces prosciutto, very thinly sliced
1/2 ounce pecorino Romano cheese, shaved

In a bowl, combine the watermelon, honeydew, red onion, serrano pepper and nectarines. Sprinkle with salt.

In a bowl, combine the juice, oil and honey, stirring well.

Drizzle the dressing mixture over the fruit mixture. Toss gently.

Arrange one cup of the arugula and one tablespoon of mint on each of four plates.

Top each serving with about 1 3/4 cups of the fruit mixture.

Divide the prosciutto evenly among the plates.

Top evenly with the cheese.

Per Serving (excluding unknown items): 141 Calories; 9g Fat (53.6% calories from fat); 7g Protein; 10g Carbohydrate; 1g Dietary Fiber; 15mg Cholesterol; 699mg Sodium. Exchanges: 1 Lean Meat; 1/2 Vegetable; 0 Fruit; 1 1/2 Fat; 1/2 Other Carbohydrates.