

Minty Cucumber and Cantaloupe Salad

1 large ripe cantaloupe

4 medium cucumbers (or 2 large ones)

1/2 tsp. salt

8 oz feta cheese, cubed or crumbled

About a dozen medium-sized mint leaves, very finely chopped

For the Honey-Lime Dressing:

1/4 cup olive oil

2 tbsp. white wine vinegar

Juice of one lime

2 tbsp. honey

Salt and pepper to taste

Cut the cantaloupe in half and scoop out the seeds. With a melon baller, carve out as many balls as you can get out of your cantaloupe. Chop the cucumbers in thin, quartered slices. Place the cucumber slices and melon balls in a colander and sprinkle with 1/2 tsp salt, toss gently with your hands. Place the colander over a bowl and allow the juices to drain for about 20 minutes. (Keep the juice for smoothies!) Place the cucumber and cantaloupe balls in a salad bowl. Add the cubed feta and chopped mint. Place all salad dressing ingredients in a lidded jar and shake vigorously. Pour on the salad, toss gently, and serve cold.

Adapted from pbs.org