



Fresh Melon Salad

Recipe Courtesy Chef Bryan Woolley

- 2 cups freshly cut watermelon
- 2 cups freshly cut cantaloupe
- 2 cups freshly cut honeydew melon
- 2 tbsp honey
- 1 tbsp raspberry vinegar
- 1 tbsp extra virgin olive oil
- 1/2 tsp red pepper flakes

Combine melons into a large bowl and set aside. In a medium size bowl whirl together honey, raspberry vinegar, olive oil and pepper flakes. Pour dressing over melons gently combine to coat. Chill and serve. Serves 8.

Nutrition Facts Per Serving

Serving Size: 1/8 of recipe

Calories	72
Total Fat	2g
Saturated Fat	0g
Cholesterol	0mg
Sodium	15mg
Carbohydrate	14g
Dietary Fiber	1g
Sugars	13g
Protein	1g

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Diabetic Exchanges

Protein	0
Fat	0
Carbohydrate	1