



Mixed Melon Cucumber Salad

A summer salad filled with natural sweetness from refreshing melons

- 1 (6 inch) seedless cucumber
- 1-1/4 cup (each) diced cantaloupe, honeydew, watermelon, peeled, seeded
- 1/3 cup minced red onion
- 1 small jalapeno pepper, seeded and finely chopped
- 1 Tablespoon fresh orange juice
- 1 Tablespoon fresh lemon juice
- 1 Tablespoon olive oil
- 1 teaspoon orange zest
- 1/4 teaspoon sea salt; 1/8 teaspoon black pepper or to taste
- 2 Tablespoons raw pumpkin seeds
- 2 teaspoons fresh thyme leaves
- 6 to 9 fresh basil leaves, torn into pieces

Use a thin peeler to cut cucumber into long, thin strips. Cut long strands in half, if needed, so they are easier to eat. Place in large bowl; add chopped melons, red onion, and jalapeno.

In a small bowl, whisk orange juice, lemon juice, oil, and orange zest. Season with salt and pepper. Drizzle over salad; toss to coat; Toss in raw pumpkin seeds; sprinkle with fresh thyme and basil leaves. Yield: serves 4

Recipe Inspired by: Fresh Thyme *Crave* Summer July/August 2018.

About the Recipe: Boost your veggies by making them into thin strips and giving them a sweet natural sprinkling of fresh orange/lemon juice and sweet summer melons, cantaloupe, honeydew, or watermelon. What a feast of color! Add some crunchy pumpkin seeds, a sprinkle of freshly grown thyme, and basil leaves.