

Cucumber Cantaloupe Salad

Lunch/Snack



THE OHIO STATE
UNIVERSITY

WEXNER MEDICAL CENTER

Serves: ~4

Items Needed: cutting board, knife, mixing bowl

Ingredients:

- ½ cantaloupe
- 1 english cucumber (or whatever cucumber you can get your hands on.)
- ¼ cup Pepitas
- 1 Tbsp. Champagne Vinegar
- 2 Tbsp. Olive Oil
- Chopped Cilantro
- Chili Powder
- Salt and Pepper

Directions:

1. Slice cantaloupe and cucumber into similar sizes, cubes, slices, whatever you fancy.
2. Toss the ingredients together with the vinegar and oil.
3. Season with salt and pepper and toss in the pepitas and cilantro at this point.
4. Finish the bowl with a sprinkle of chili powder.

Nutrition Information (per 1 serving of salad):

Calories: 147 kcal Fat: 21 g Carbs: 12 g Protein: 7 g Fiber: 2 g Sodium: 35 mg