

# St. Louis Community College

## Hospitality Studies

### Minty Melon Salad

Inspired by the chile- and salt-sprinkled pineapple found in the fresh fruit stalls of Mexico, this amazing melon salad is delightfully refreshing. Salt and tangy lime juice and spicy chili powder enhance the sweetness of fresh summer melon while fresh mint adds a cool finish.

- 1 medium ripe cantaloupe or honeydew melon, cut into bite-sized pieces
- 2 tablespoons chopped fresh mint
- juice from one medium lime
- 1 to 3 teaspoons chili powder, or to taste
- 1/4 teaspoon sea salt

Simply combine all ingredients and toss well.

#### **Nutrition Info**

Per Serving (5 oz-wt.): 60 calories (0 from fat), 0g total fat, 0g saturated fat, 2g dietary fiber, 1g protein, 14g carbohydrate, 0mg cholesterol, 180mg sodium