



Fresh Spring Melon Salad With Exotic Fruit Syrup*

prep time:
20 minutes

cook time:
5 minutes

makes 8 servings

grocery list

pomegranate juice
all natural white cranberry juice
Hain Raw Sugar
1 fresh cantaloupe
1 Hami, honeydew, or Korean melon
1 small watermelon
fresh organic strawberries
fresh lime
fresh mint

*Exclusive Chef Faith Alahverdian recipe.

fresh spring melon salad with exotic fruit syrup

- 1 cup pomegranate juice
- ½ cup all natural white cranberry juice
- 1 cup **Hain Raw Sugar**
- 1 fresh cantaloupe, cut in large slices
- 1 Hami, honeydew, or Korean melon, cut in balls, cubes, or slices
- 1 small watermelon, cut in wedges
- ½ pt. fresh organic strawberries, hulled and quartered
- 1 tbsp. freshly squeezed lime juice
- 2 tbsp. fresh mint chiffonade
- Stonyfield Farm Vanilla Yogurt** (optional)

1. In a medium, nonreactive saucepan combine pomegranate juice, white cranberry juice, and raw sugar. Cook over medium heat until syrupy. Remove from heat; cool.
2. Divide melon pieces equally and arrange all three on individual serving plates. Layer strawberry slices over top.
3. Sprinkle lightly with fresh lime juice. Drizzle with cooled fruit syrup and sprinkle with fresh mint chiffonade.

Per Serving: 190 calories, 51g carbohydrate, 1g protein, 0g fat, 2g fiber, 0mg cholesterol, 20mg sodium

cook's journal

kitchen tools

liquid measuring cup

dry measuring cups

chef's knife

cutting board

measuring spoons

medium nonreactive saucepan

spoon

serving plates

recipe note

Chiffonade is a French term that refers to thin strips or shreds of herbs that are often used as a garnish.

a good idea

Exotic fruit syrup adds a delicious sweet-tart flavor that's great for any combination of fresh fruit. It is also a wonderful syrup for pancakes or waffles. Or, drizzle it over vanilla ice cream.

