

Summer Tomato and Cantaloupe Salad



Ingredients:

Veggies

- ½ cup of cucumber (thinly sliced)
- ½ cup of cherry tomatoes (thinly sliced)
- ¼ medium red onion (thinly sliced)
- 1 Tbsp olive or avocado oil
- 2 tsp apple cider vinegar
- 1 pinch each, sea salt and black pepper

Dressing

- 3 Tbsp lime juice
- 1 Tbsp maple syrup
- 1 pinch sea salt
- 1 Tbsp olive or avocado oil

Cantaloupe

- 3 cups cantaloupe (cubed or scooped with a melon baller)
- 2 Tbsp fresh mint

Instructions:

1. Add cucumber, tomato, and onion to a small mixing bowl and top with olive oil, apple cider vinegar, salt, pepper. Toss to combine. Then taste and adjust flavors as needed, adding more vinegar for acidity or salt and pepper for flavor balance. Set in the refrigerator to chill.
2. Prepare dressing by adding lime juice, maple syrup, and sea salt to a small mixing bowl and whisking to combine. Then slowly stream in olive oil while whisking to combine. Taste and adjust flavor as needed, adding more lime juice for brightness/acidity, maple syrup for sweetness, or salt for flavor balance. Set aside.
3. In a large serving bowl, top cantaloupe with dressing. Gently toss to combine.
4. Add the cucumber-tomato-onion salad on top—leaving any excess liquid/dressing behind—then gently toss to combine and garnish with fresh mint.

This is best fresh, though leftovers keep in the refrigerator up to 3 days. Leave mint on the side to keep as fresh as possible.