

HEALTHY EATING @ home

Recipe brought to you by Paolo Vasapoli, Executive Chef, Food Services

Tomato Melon Salad

Serves 4



Ingredients

- 2-3 medium vine ripened tomatoes, chopped
- 1 cucumber, peeled and sliced
- 1/2 cantaloupe, peeled and cubed
- 1/4 red onion, diced
- 1-2 tbsp red wine vinegar
- 4 tbsp extra virgin olive oil
- Salt and pepper to taste
- dried oregano, optional
- 1 bunch arugula

Instructions

1. Combine tomatoes, cucumber, cantaloupe and red onion and dress with oil, vinegar, and spices. Let stand for about five minutes.
2. On a serving platter, lay out the arugula and top with seasoned fruits and vegetables.
3. Serve immediately.

Buon Appetito!!