

Side | Snack

Melon Mint Salad

Side Effect: Nausea/Vomiting

10 Mins
Prep Time

0 Mins
Cook Time

6
Servings

38 Calories **0g** Fat **10g** Carbs **0g** Protein



Ingredients

6 Servings **10 Mins** Total Time **Allergens: None**

2 Cups Cubed Watermelon, **washed thoroughly**

2 Cups Cubed Cantaloupe, **washed thoroughly**

1½ Tbsp Mint, **washed thoroughly** and minced **ψ**

1½ Limes **washed thoroughly** and juiced

½ Tbsp Honey, **pasteurized**

Nourishment Note



ψ Mint

Mint can be helpful in relieving an upset stomach or nausea. The leaves contain menthol which may act as a natural pain reliever.

Instructions

1. Wash Hands

Wash hands and all cooking surfaces with soap and warm water before beginning.

2. Combine Ingredients

To a large bowl add all ingredients.

3. Toss to Combine

Gently toss to combine. Add more mint or lime if necessary. Store leftovers in the refrigerator within 2 hours. Melon salad will keep for up to 2 days in a covered container in the refrigerator.

4. Wash Dishes

Wash dishes in hot, soapy water. Sanitize cooking tools and surfaces, and thoroughly wash hands.

Recipe created by Meijer Registered Dietitians,
Beth Eggleston and Emily Parsell

What You'll Need



Measuring Cups



Measuring Spoons



Large Bowl



Mixing Spoon



Cutting Board



Knife

Fatigue Buster

- Ask a friend or family member to help prepare this dish.