

Melon Mint Salad

Recipe HACCP Process: #2 Same Day Service

Serving Size: ½ cup

Yield: 50

Source: JSI Back to Basics: Mediterranean Flavors Recipe

Ingredients:

Ingredient Name	Measurements
Honey	3 Tbsp + ½ tsp
Lemon juice, raw	3 Tbsp + ½ tsp
Watermelon, raw	6 lb + 4 oz (yield included)*
Melons, honeydew, raw	6 lb + 4 oz (yield included)*
Melons, cantaloupe, raw	6 lb + 4 oz (yield included)*
Mint leaves, fresh	¾ cup + ½ Tbsp

**Note: Choose USDA foods whenever available to save on cost. Note yield, crediting, and nutritionals may change if substituted.*

**Yield: Cantaloupe, whole 1 lb = .47 lb peeled and cut*

Honeydew melon, whole 1 lb = .46 lb peeled and cut

Watermelon, whole 1lb = .61 lb peeled and cut

Instructions:

1. In a small bowl, combine honey and lemon juice. Stir well and set aside.
2. Wash each melon.
3. Cut cantaloupe and honeydew in half and remove seeds. Cut away melon rinds and dice into 1" cubes.
4. Cut away watermelon rind and cut into 1" cubes.
5. In a large bowl, combine the fruit. Pour honey and lemon mixture over melon and mix to combine.
6. Sprinkle mint over melon mixture and mix to combine.
7. Hold at 41° or lower until service.

Nutritional Analysis:

Nutrients	Nutrients Per Serving
Calories	61 kcal
Total Fat	0.28 g
Saturated Fat	0.06 g
Trans Fat	0.00 g
Cholesterol	0.00 mg
Sodium	19.97 mg
Total Carbohydrate	15.24 g
Dietary Fiber	1.21 g
Total Sugars	13.69 g
Protein	1.14 g

Meal Component Information:

Meal Components	Amount
Fruit	0.5 cup

**Note: For schools with access to Mosaic, these recipes are also available to import from the Community recipe section by searching the recipe name or using the search term of "John C. Stalker" as the district.*