



United States Department of Agriculture
What's Cooking? USDA Mixing Bowl

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Pineapple Melon Salad

Makes: 100 servings

100 Servings

Ingredients	Weight	Measure
Fresh cantaloupe, chopped	4 lb 6 oz	3 qt
Red bell pepper, finely diced	1 lb 6 oz	1 qt 1/4 cup
Onion (white, yellow, or red), finely diced	1 lb 2 oz	3 cup
Fresh cilantro, chopped	2 oz	1 1/2 cup
Canned pineapple tidbits, drained	3 lb 5 oz	1 qt 2 1/4 cup (1/2 No. 10 can)
Lemon or lime juice		1/2 cup
Orange juice		1 cup
Dried minced onion		2 Tbsp
Dried thyme		1 Tbsp
Allspice		2 1/2 tsp
Black pepper, ground		1/2 tsp
Cinnamon, ground		1 tsp
Cayenne pepper		1/2 tsp
Salt		1/2 tsp

Directions

1. Rinse cantaloupe. Chop into 1/4" chunks.
2. Rinse bell peppers. Dice bell peppers and onions to 1/4" in size.
3. Remove stem ends from cilantro and roughly chop by hand or in processor.
4. Combine all ingredients, mix well. Refrigerate, covered, at least one hour to blend flavors. Stir before serving. CCP: Hold at 41°F or below before and during service. Portion with No. 16 scoop (1/4 cup)

Notes

Serving Tips:

The salt and spices can be replaced with 1/4 cup 2 Tbsp of Jerk seasoning (pre-mixed).

My Notes

Source: Iowa Gold Star Cycle Menus, Team Nutrition Iowa

