

GOLDEN JEWEL BLEND® SALAD WITH MELON AND MINT



INGREDIENTS

2 lbs **Golden Jewel Blend®**

< <https://inharvestfoodservice.com/products/golden-jewel-blend/> >

1 T kosher salt

4 cups honeydew melon, scooped into 1-inch balls

2 avocados, diced

2 cups green grapes, halved

1 English cucumber, cut into 1/2-inch quarters

1 bunch fresh mint, stemmed and chiffonade cut

1 bunch fresh chives, chopped

2 garlic cloves, minced

3 T stone ground mustard

1/4 cup sherry vinegar

1/4 cup fresh lemon juice

1 t ground black pepper

1 cup olive oil

DIRECTIONS

1. In a large pot, bring 1½ quarts of water and the kosher salt to a boil. Add InHarvest Golden Jewel Blend, reduce heat to a simmer, cover and cook for 12 minutes or until

all the liquid is absorbed.

2. Spread cooked Golden Jewel Blend onto a sheet pan and place in a cooler.
3. To make the dressing, whisk together mustard, vinegar, lemon juice, minced garlic, pepper, and olive oil.
4. In a large bowl, combine the cooled Golden Jewel Blend, melon, avocados, grapes, cucumber, mint, and chives.
5. Add the vinaigrette and toss until coated. Serve chilled.

NUTRITION FACTS

Per serving: 260 cal., 6 g pro., 33 g carb., 3 g fiber, 11 g fat (1.5 g sat. fat), 0 mg chol., 95 mg sod., 6 g sugar