

Cantaloupe and Bean Salad with Carrot Butter Toast

A refreshing and hearty vegetarian main dish featuring a flavorful combination of cantaloupe and beans, topped with a creamy carrot butter spread on toasted bread.



Main Dish

15 min

Total time

Easy

Difficulty

350

kcal / serving

Ingredients

- 1 cup cooked beans
- 2 slices bread
- 2 tablespoons butter
- 1/2 small cantaloupe, diced
- 1 medium carrot, grated

Steps

- 1 In a bowl, combine the cooked beans and diced cantaloupe.
- 2 Toast the bread slices to your liking.
- 3 In a small saucepan, melt the butter over low heat. Add the grated carrot and cook for 2-3 minutes until tender.
- 4 Spread the carrot butter evenly on the toasted bread slices.
- 5 Serve the cantaloupe and bean salad alongside the carrot butter toast.