

Cantaloupe and Prosciutto Salad

This refreshing cantaloupe and prosciutto salad is a perfect balance of sweet and savory flavors, making it a delightful main dish for a light lunch or dinner. The combination of juicy cantaloupe, salty prosciutto, and fresh arugula creates a simple yet elegant meal.



Main Dish

10 min

Total time

easy

Difficulty

200

kcal / serving

Ingredients

- 1 cup cantaloupe, diced
- 2 slices prosciutto, torn
- 1 cup arugula
- 1 tablespoon balsamic glaze
- Salt and pepper to taste
- 1 teaspoon olive oil

Steps

- 1 In a bowl, combine the diced cantaloupe and arugula.
- 2 Drizzle with olive oil and balsamic glaze, then season with salt and pepper.
- 3 Gently toss the salad to combine all ingredients.
- 4 Top with torn prosciutto slices.
- 5 Serve immediately and enjoy your refreshing salad!