

Cantaloupe and Prosciutto Salad

This refreshing cantaloupe and prosciutto salad is a delightful blend of sweet and savory flavors, perfect for a light main dish.

The juicy cantaloupe pairs beautifully with the salty prosciutto and peppery arugula, drizzled with a tangy balsamic glaze.



Main Dish

10 min

Total time

easy

Difficulty

220

kcal / serving

Ingredients

- 1 cup ripe cantaloupe, cubed
- 2 slices prosciutto, torn
- 1 cup arugula
- 1 tablespoon balsamic glaze
- 1 teaspoon olive oil
- Salt and black pepper to taste
- Fresh mint leaves for garnish (optional)

Steps

- 1 Start by cubing the ripe cantaloupe and placing it in a bowl.
- 2 Tear the prosciutto into bite-sized pieces and add it to the bowl.
- 3 Add the arugula and gently toss the ingredients together.
- 4 Drizzle with olive oil and balsamic glaze, then season with salt and black pepper to taste.
- 5 Toss gently again to combine all the flavors.
- 6 Serve immediately, garnished with fresh mint leaves if desired.