

Cantaloupe Chicken Salad

This refreshing cantaloupe chicken salad combines juicy cantaloupe with tender grilled chicken, crunchy walnuts, and a zesty lime dressing. Perfect for a light lunch or a warm summer dinner!



Main Dish

15 min

Total time

easy

Difficulty

320

kcal / serving

Ingredients

- 1 cup cantaloupe, cubed
- 100g grilled chicken breast, sliced
- 2 tablespoons walnuts, chopped
- 1 tablespoon fresh cilantro, chopped
- 1 tablespoon lime juice
- 1 teaspoon honey
- Salt and pepper to taste

Steps

- 1 In a bowl, combine the cubed cantaloupe and sliced grilled chicken.
- 2 Add the chopped walnuts and cilantro to the bowl.
- 3 In a small bowl, whisk together lime juice, honey, salt, and pepper to create the dressing.
- 4 Drizzle the dressing over the salad and toss gently to combine.
- 5 Serve immediately and enjoy your refreshing salad!