

Grilled Cantaloupe Salad

A refreshing and unique twist on a classic salad, this grilled cantaloupe dish is a perfect blend of sweet and savory flavors.



Main Dish

20 min

Total time

Intermediate

Difficulty

250

kcal / serving

Ingredients

- 1/2 cantaloupe
- 2 cups arugula
- 1/4 cup crumbled feta cheese
- 1/4 cup chopped mint leaves
- 2 tablespoons extra virgin olive oil
- 1 tablespoon balsamic vinegar
- Salt and pepper to taste

Steps

- 1 Preheat grill to medium-high heat.
- 2 Cut the cantaloupe into wedges and remove the seeds.
- 3 Brush the cantaloupe wedges with olive oil and season with salt and pepper.
- 4 Grill the cantaloupe wedges for 2-3 minutes per side, or until grill marks appear.
- 5 Remove the grilled cantaloupe from the grill and let it cool slightly.
- 6 Cut the cantaloupe into bite-sized pieces.
- 7 In a large bowl, combine the arugula, grilled cantaloupe, feta cheese, and mint leaves.
- 8 Drizzle with olive oil and balsamic vinegar.
- 9 Toss gently to combine.
- 10 Season with additional salt and pepper to taste.
- 11 Serve immediately.