



Carrot, Orange and Melon Salad

3	Oranges, each peeled and sliced crosswise
½	Cantaloupe, thinly sliced
8 oz.	Carrots, shredded
1 Tbsp	Olive Oil
1 Tbsp	Balsamic Vinegar
½ lemon	Juice of Lemon
2 tsp	Dijon Mustard
¼ tsp	Ground Black Pepper
2 Tbsp	Chopped Fresh Mint

Combine oranges, cantaloupe and carrots.

In a small bowl, whisk together the oil, vinegar, lemon juice, mustard and pepper; add mint. Add to salad fruits and mix together.

Distribute among 4 individual salad plates.

Yield: 4 servings

Nutrient Analysis: 111 Calories, 4 grams fat, 19 grams Carbohydrate, 3 grams Fiber, 40 mg Sodium, 0 mg Cholesterol