

## Chicken Dawg's Cool Melon Salad

### Ingredients:

- 1 cup cantaloupe balls
- 1/2 cup honeydew melon balls
- 1/2 cup watermelon balls
- 2 tsp. lime juice
- 1 tsp. honey

### Directions:

1. With a knife, cut each melon in half.
2. Using a spoon or melon baler, scoop 1 cup cantaloupe, 1/2 cup honeydew melon, and 1/2 cup watermelon.
3. Set aside 4 cantaloupe and honeydew melon rinds.
4. Combine melon balls and lime juice into mixing bowl.
5. Gently stir melons.
6. Transfer 1/4 of melons into each of the melon rinds.
7. Drizzle melon balls with honey.
8. Cover and refrigerate for 30 minutes.

### Nutrition:

- This recipe makes 4 servings.
- Each serving counts as 0.5 fruits.

### Safety:

- Keep your fingers curled under when using the knife to avoid cutting your fingers.

Source: American Diabetes Association

