

# Cantaloupe, Cuke & Bacon Salad with citrus dressing

Bacon makes most anything better and this is one way to get all the benefits of the hydration-rich melons and cucumbers PLUS the bonus of bacon. Substitute out the cantaloupe for whatever melons you can find at the market, throw in some feta if you'd like. Keep the extra dressing in the fridge for the following week.

## INGREDIENTS

### Salad:

- 4 strips bacon
- 1 cup cantaloupe or melon of choice, cut into small chunks
- ½ cup nuts of your choice, toasted & chopped
- ¼ cup red onion, thinly sliced
- Handful fresh cilantro leaves, chopped
- ¾ cup greens (romaine, baby spinach, arugula - whatever you have)
- Handful of crumbled feta cheese (optional)

### Citrus Dressing:

- ¼ cup fresh orange juice
- 1 tablespoon fresh lemon juice
- 1 teaspoon honey
- ¼ teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper
- 2 tablespoons olive oil
- 1 tablespoon lowfat plain yogurt (add more if you'd like a thicker dressing)



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## DIRECTIONS

### For the Dressing:

In a small bowl, combine juices, honey, salt & pepper then whisk in the olive oil. When combined, whisk in the yogurt. Refrigerate at least 30 minutes before serving.

### For the Salad:

Place the bacon strips in a non-stick skillet and cook until crispy. Transfer to paper towel and crumble into small pieces when cool. Set aside until ready to use.

Prepare the nuts, melon, and onion. Set aside or refrigerate until ready to use (do not assemble until ready to serve - the greens will become soggy).

Add in cilantro leaves before dressing salad.

*Recipe courtesy of My Delicious Blog*

## Market Shopping List

- Bacon - Proctor Hall Farm
- Melons - Apis Verdi, Blueberry Hill Organics, Bluebird Hill, Colgan, CT Valley, Oxen Hill
- Cucumbers - Apis Verdi, 18th Century, Blueberry Hill Organics, Bluebird Hill, CT Valley, Easy Pickin', Oxen Hill, Riverview, Wayne's Organic
- Cilantro - Easy Pickin'
- Feta - Beltane Farm
- Olive oil - Ariston
- Onions - 18th C. Purity, Apis Verdi, Blueberry Hill Organics, Bluebird Hill, Colgan, CT Valley, Easy Pickin, Oxen Hill, Riverview, Wayne's Organic
- Honey - Stonewall Apiary
- Nuts - The Nut Guy
- Kosher/sea salt, black pepper, yogurt, orange juice, lemon juice - **Highland Park Market of Coventry**  
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