

Betty's Mid-Summer Melon Salad Recipe



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In this video, Betty demonstrates how to make a cool and refreshing Mid-Summer Melon Salad. Combining cantaloupe, honey dew melon, and watermelon with a thin orange glaze gives a delicious dessert or healthy snack!

Ingredients:

2 heaping cups of cantaloupe chunks, about 1-inch cubes
2 heaping cups of honey dew melon chunks, about 1-inch cubes
2 heaping cups of watermelon chunks, about 1-inch cubes
1/2 cup orange juice
1/4 cup confectioner's sugar

Combine 2 cups cantaloupe, 2 cups honey dew melon, and 2 cups watermelon in a large mixing bowl. Mix thoroughly, but gently, so that the fruit is not bruised. Thoroughly mix 1/2 cup of orange juice with 1/4 cup confectioner's sugar, and drizzle this thin sauce mixture over the top of the mixed melon chunks. Ladle the melon salad into a nice, clear serving bowl. Cover with plastic wrap, and chill in the refrigerator until ready to serve. This is a delightful salad during those lazy, hazy, crazy days of summer!