

Sassy Melon Salad

Ingredients:

1/2 cup fat-free vanilla Greek yogurt
2 tsp. lime juice
2 cups diced (seedless or seeded) watermelon
1 1/2 cups diced cantaloupe
1 1/2 cups diced cucumber
1 cup diced pear



Directions:

In a blender or food processor, combine yogurt, lime juice, and 1/4 cup watermelon. Blend until smooth.

In a large bowl, combine cantaloupe, cucumber, pear, and remaining 1 3/4 cups watermelon. Add yogurt mixture and toss to coat.

MAKES 4 SERVINGS

Nutrition Information (Per Serving):

1/4th of recipe (about 1 1/3 cups):

100 calories
0 g Fat
23g Carbs
5g Protein

Recipe From:

<http://www.hungry-girl.com/weekly-recipes/show/2633-healthy-summer-side-dish-recipes-melon-salad-tex-mex-slaw>