



Cantaloupe and Chayote Salad

Yield: 4-6 servings

Serving size: 1 cup

Ingredients

1/2 each	Cantaloupe, peeled & diced
1-2 each	Chayote squash, peeled & diced
2 Tablespoons	Olive oil
2 Tablespoons	Lemon juice
1 teaspoon	Cinnamon

Equipment

- Chef knife
- Cutting board
- Large bowl
- Mixing spoon

Method

1. In a large bowl, mix together the olive oil, lemon juice, and cinnamon.
2. Add the diced cantaloupe and chayote and mix well to combine.

Helpful Tips

- Make this recipe your own by switching up the spices or adding fresh herbs
- For an added crunch, add some sunflower seeds
- Enjoy as a side dish or snack