



Sassy Melon Salad



1/4th of recipe (about 1 1/3 cups): 91 calories, 0.25g total fat (0g sat. fat), 30mg sodium, 22g carbs, 2g fiber, 17g sugars, 2.5g protein

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Prep: 10 minutes



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Ingredients

1/2 cup fat-free vanilla 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

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