

Summer Cantaloupe Prosciutto Salad



Yield: 8 servings

Portion size: 3 oz.

Chef Name: Meredith Shaffer

Amt	Unit (gm/oz)	Ingredient Name
2 medium	3 lbs. ea.	Cantaloupe
7	oz	Prosciutto
8	oz	Mixed Greens
4	oz	Arugula
1 medium	whole	Red Onion
½ cup	4 oz	Spiced Pepitas
1 Cup	8 oz	Crumbled Goat Cheese
2 small	whole	Lime Zest
2	oz	Mint (Chiffonade)
		For the Dressing:
2	oz	Olive Oil (80/20)
2	Tbsp	Red wine vinegar
3	Tbsp	Lime juice
1	Tbsp	Honey
1 tsp	Tsp	Coriander
1	Tsp	Cumin
Pinch		Chili Flakes
TT		Salt and Pepper

PROCEDURES:

1. Deep fry all prosciutto and make it extra crispy.
2. Clean all skin off cantaloupe, cut in half, scoop out seeds and cut into medium sized squares.
3. Slice red onions in half-moon shapes, set aside
4. Mix pepitas with a sprinkle of olive oil, chili powder, cayenne, cumin, and salt and bake at 350 for about 10 minutes. Let cool.
5. Chiffonade mint and set aside.
6. To make dressing, in a bowl whisk together all ingredients until combined, adjust salt and spice level as needed.
7. Mix cantaloupe, mixed greens, arugula, red onion, goat cheese, lime zest, dressing and mint together in your serving bowl.
8. Top with crispy prosciutto and spiced pepitas and enjoy!

