

What do I do with... **MELONS**



The Hami melon is much like a cantaloupe, though with a little more crunch. Both can be used interchangeably. Like cantaloupe, the Hami melon is given its orange color from carotenoids, a form of Vitamin A. Both are also an excellent source of potassium. In the recipe below, a little bit of salt helps to bring out the melon's natural sweetness, while smashing the cucumbers helps the vegetable absorb the tangy dressing.

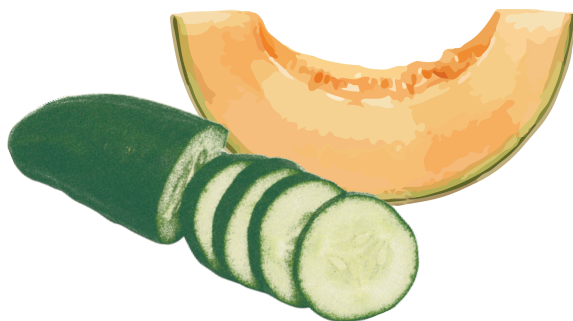
MELON AND SMASHED CUCUMBER SALAD

Adapted from Bon Appetit

Servings: 4

Ingredients

- 4 medium cucumbers, halved lengthwise
- 1 tsp salt, divided
- 2 Tbsp lime juice (from one lime)
- 1 Tbsp sesame oil
- 2 tsp soy sauce
- Crushed red pepper to taste
- 1 tsp sugar or honey
- 2 garlic cloves, minced
- 1 ½ lb cantaloupe or Hami melon, cut into 1" pieces
- ¼ cup cilantro (optional)



Directions

1. Place cucumbers cut side down on a cutting board. Using the flat side of a knife, press down on cucumbers until they break open and the pulp separates from the cucumber. Discard pulp. Slice remaining cucumber 1" thick and transfer to a paper towel, cut side up. Toss with ¼ tsp salt and let sit for 15 minutes.
2. Meanwhile, whisk lime juice, sesame oil, soy sauce, crushed red pepper, sugar or honey, garlic, and remaining ¾ tsp salt in a small bowl until salt and sugar dissolve.
3. Pat cucumbers dry with a paper towel and transfer to a large bowl. Add melon and cilantro if using. Drizzle dressing over and toss gently to coat. Chill and serve!