

Recipe

WellWorks For You FEATURED RECIPE Cucumber Salad with Honeydew and Burrata

6 Servings | Vegetarian, Gluten-Free, Egg Free, Low Carb, Nut Free

INGREDIENTS

- 3 tablespoons lemon juice
- 2 tablespoons extra-virgin olive oil
- 1 ½ teaspoons honey
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- ¼ cup chopped fresh basil
- 4 cups lightly packed baby arugula
- 4 cups cubed honeydew melon
- 1 ½ cups cucumber batons (2-inch)
- 1 burrata ball (3 ¾ ounces), sliced
- ¼ cup toasted pepitas



DIRECTIONS

1. Whisk lemon juice, oil, honey, salt, and pepper in a small bowl. Stir in basil.
2. Place the arugula in a large bowl. Drizzle with 1 tablespoon of the vinaigrette; toss to coat. Transfer to a platter. Scatter honeydew and cucumbers over the arugula; top with burrata slices.
3. Sprinkle pepitas over the salad, then drizzle with the remaining vinaigrette.

Source: Cucumber Salad with Honeydew Melon & Burrata (eatingwell.com)

NUTRITION

Per Serving: Calories: 171 Protein: 6g Carbohydrates: 15g Dietary Fiber: 2g Fat: 12g Saturated Fat: 4g Calcium: 139mg Magnesium: 24mg Potassium: 370mg Sodium: 188mg

Source: [eatingwell.com/recipe/275480/cucumber-salad-burrata-honeydew](https://www.eatingwell.com/recipe/275480/cucumber-salad-burrata-honeydew)