



Fire and Ice Melon Salad

Makes 16 servings



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|------------------------------------|---------------------------------|
| 1/2 cup honey | 1 tbsp minced fresh mint |
| 1/4 cup water | 1 honeydew melon |
| 2 tbsp minced Serrano chile | 1 cantaloupe melon |
| 1 tbsp diced red pepper | 8 slices of prosciutto |
| 2 tbsp lime juice | (optional) |

1. Pour water in a non-stick sauté pan over medium heat, then pour in honey and stir until dissolved.
2. Add both peppers and bring to a simmer. Remove from heat, add lime juice and fresh mint, and let cool.
3. Dice both melons and place in a bowl, then toss with the cooled syrup.
4. Arrange on a plate with the slices of prosciutto (optional) and serve.

Recipe provided by Michigan State University Chef Kurt Kwiatkowski



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Farmers Market Food Safety Tips

- Wash fruit by thoroughly rinsing with clean water and scrubbing with a vegetable brush while rinsing to prevent any soil or harmful bacteria from getting into the melon when it is cut open.
- Use a clean knife that has not touched the surface of the melon before it is washed to cut it.
- Use separate cutting boards to prepare fruit or vegetables and meat, poultry or seafood to prevent cross-contamination.

Recipe development was supported by a Food Safety Training and Education grant provided by the Michigan Department of Agriculture and Rural Development.

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