
Melon with Prosciutto, Mint, Fresh Cracked Pepper and Prosciutto

Diane Phillips, cookbook author, Dec. 2010



Servings: 8

All the ingredients can be prepared ahead (kept in separate containers) and combined at the last minute. You can use any combination of orange and green melons.

1. Prepare the melon pieces and combine in a large bowl.
2. Prepare the prosciutto and mint, and add to the melon then sprinkle top with cracked pepper. Taste it and add more pepper if needed.

1 1/2 pounds cantaloupe, bite-sized chunks

1 1/2 pounds honeydew melon, bite-sized chunks

1/4 pound prosciutto, slivered (use imported brand, NOT domestic)

1/2 cup fresh mint, finely chopped (can use fresh oregano also)

1 teaspoon fresh ground black pepper

Per Serving (excluding unknown items): 60 Calories; 1g Fat (19.8% calories from fat); 5g Protein; 8g Carbohydrate; 1g Dietary Fiber; 10mg Cholesterol; 392mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 1/2 Fruit; 0 Fat.

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>