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Strawberry, Melon, and Avocado Salad

Prep Time: 10 mins

Total Time: 10 mins

Ingredients

- ❖ 1/4 cup(s) honey
- ❖ 2 tablespoon vinegar, sherry, or red-wine vinegar
- ❖ 2 tablespoon mint, fresh, finely chopped
- ❖ 1/4 teaspoon pepper, black ground, freshly ground
- ❖ 1 pinch salt
- ❖ 4 cup(s) spinach, baby
- ❖ 1 small avocado, (4-5 ounces), peeled, pitted and cut into 16 slices
- ❖ 1/2 small melon, cantaloupe, 16 thin slices, rind removed
- ❖ 1 1/2 cup(s) strawberries, hulled, sliced
- ❖ 2 teaspoon sesame seeds, toasted

Preparation

1. Whisk honey, vinegar, mint, pepper and salt in a small bowl.
2. Divide spinach among 4 salad plates. Arrange alternating slices of avocado and cantaloupe in a fan on top of the spinach. Top each salad with strawberries, drizzle with dressing and sprinkle with sesame seeds.

