

Family Recipe

STRAWBERRY-MELON SUMMER SALAD

Serves 6

INGREDIENTS

- 1 cup plain or flavored yogurt (strawberry, lemon and vanilla work well)
- 1 teaspoon lemon juice
- 2 cups watermelon balls
- 2 cups cantaloupe balls
- 2 cups halved fresh strawberries

DIRECTIONS

1. Wash strawberries and remove tops. Cut them into quarters.
2. Wash and slice open the melons. Scoop out seeds and place in a separate bowl.
3. Cut melons into cubes or use a melon baller to scoop out balls of melon.
4. Combine the melons and strawberries in large bowl.
5. Pour yogurt and lemon juice over the strawberry melon mixture, allowing children to measure out the ingredients.
6. Gently, fold the yogurt into the strawberry-melon mixture.
7. Let children take turns folding the salad, being careful not to mash the fruit.
8. Serve directly after folding. The fruit salad can get a little watery if it sits out too long.

