

FRESH FROM THE GARDEN TASTINGS

Cucamelon Salad



Ingredients (dressing)

- ¼ cup olive oil
- 1 clove garlic, minced
- 2 Tablespoons lemon juice
- 1 Tablespoon red wine vinegar
- 1 teaspoon maple syrup or honey
- Salt, to taste

Ingredients (salad base)

- 2 cups cooked quinoa
- 2 cups fresh greens, such as spinach, lettuce, mustards, or kale
- ½ cup cucamelons, cut in half
- 1 large avocado, peeled, pitted and chopped
- 2 fresh scallions, greens included, finely chopped

Instructions

Make the dressing: put all ingredients in a jar with a lid, shake vigorously, and set aside.

Make the salad: toss all ingredients in a large bowl. Add dressing and toss again. Serve.

Fill serving glasses ¼ to ⅓ with ice. Pour smoothie over ice, then serve.