



# The **ingles** Table

with Gigi Stewart, M.A.  
**SIMPLE MELON CAPRESE SALAD**

## Shopping List

- ½ cantaloupe, peeled and cut into chunks
- 8-ounce ball of fresh “cherry size” Mozzarella cheese
- ¼ cup fresh basil leaves, chopped
- 2 Tablespoons Laura Lynn olive oil
- 1 ½ Tablespoons white balsamic vinegar
- Coarse sea salt, to taste

## Cooking Instructions

1. Chop cantaloupe into bite sized pieces
2. Combine melon, mozzarella, and basil, and toss gently
3. In a separate bowl, whisk olive oil, salt, and vinegar together
4. Drizzle olive oil mixture over melon mixture
5. Toss gently to coat
6. Serve immediately, or cover and chill up to four hours

(If you make the salad ahead, remove from the refrigerator for about 20 minutes prior to serving, and wait until just before serving to add the dressing)

