

# **Blueberry-Melon Salad with Thyme Dressing**

**Servings: 3**

## **THYME DRESSING**

**1/4 cup honey**

**1/4 cup fresh orange juice**

**zest and juice from two lemons**

**4 large sprigs fresh thyme**

**2 tablespoons extra virgin olive oil**

## **SALAD**

**1 cup cantaloupe or honeydew melon, cubed**

**1 pint blueberries**

**small thyme sprigs (for garnish)**

In a small saucepan, combine the honey, orange juice, lemon zest, lemon juice and thyme. Bring to a gentle boil. Simmer for 5 to 8 minutes. Remove from the heat and cool.

Once the dressing has cooled, strain into a mixing bowl. Whisk in the olive oil.

In a serving bowl, gently toss together the melon, blueberries and 1/3 cup of the dressing.

Spoon the fruit into individual serving dishes.

Garnish with thyme sprigs.

Serve immediately with extra thyme dressing on the side, if desired.

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Per Serving (excluding unknown items): 230 Calories; 9g Fat (34.5% calories from fat); 1g Protein; 39g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 7mg Sodium. Exchanges: 0 Grain(Starch); 1 Fruit; 2 Fat; 1 1/2 Other Carbohydrates.