

Melon and Prosciutto Salad with Parmigiano-Reggiano

This colorful appetizer would be a fine addition to an antipasto spread. Parmigiano-Reggiano provides nutty contrast to sweet melons and mirrors the taste of salty prosciutto.

Ingredients:

- 3 cups (½ inch) cubed honeydew melon (about ½ medium melon)
- 3 cups (½-inch) cubed cantaloupe (about 1 medium melon)
- 2 tablespoons thinly sliced fresh mint
- 1 teaspoon fresh lemon juice
- ¼ teaspoon freshly ground black pepper
- 2 ounces thinly sliced prosciutto, cut into thin strips
- ½ cup (2 ounces) shaved fresh Parmigiano-Reggiano cheese
- Cracked black pepper (optional)
- Mint sprigs (optional)

Directions:

- Combine first 5 ingredients, tossing gently. Arrange melon mixture on a serving platter. Arrange prosciutto evenly over melon mixture; sprinkle with Parmigiano-Reggiano. Garnish with cracked black pepper and fresh mint sprigs, if desired.
- Wine note: I adore the sweet-salty-herbal flavor of this salad. It's so refreshing and so summery. A good wine partner should exude the same characteristics. While you could opt for an Italian pinot grigio, I find a fuller-bodied California pinot grigio works even better, especially given the full flavors of the prosciutto, mint, and Parmigiano. A great choice: Estancia Pinot Grigio 2005 (California), \$12. -- Karen MacNeil

Yield: 8 servings (serving size: about ¾ cup)

Nutritional Information: Calories 87 (30% from fat); FAT 2.9g ; Iron 0.4mg; Cholesterol 11mg; Calcium 94mg; Carbohydrate 11.1g; Sodium 271mg; Protein 5.3g; Fiber 0.6g

Recipe Source: Cooking Light, July 2007

Past recipes may be obtained by going to the [Heartland Health](http://www.heartland-health.com/) web page (<http://www.heartland-health.com/>, KQ2 recipes) or by clicking on the Heartland Health logo above.