Arugula and Melon Salad

NIBBLEDISH CONTRIBUTOR

Ingredients

1 bunch arugula

1 ripe cantaloupe

1 avocado

2 – 3 T extra virgin olive oil

1 – 2 T pinot grigio vinegar

Pinch rose petal sugar

Salt

Pepper

Instructions

Use a scoop to make melon balls out of the cantaloupe. Add a pinch of rose petal sugar to cover and set aside for about 15 minutes.

Plate arugula, slice avocado and combine oil and vinegar.

Add melon to the arugula in a decorative manner. Place the avocado and drizzle the dressing. Salt and pepper to taste.

Serve immediately to happy healthy friends!