

Seasonal Eating



Melon Salad with Poppy Seed Dressing

- 1 cantaloupe
- 1 honeydew melon
- 1/2 seedless watermelon
- 2 tablespoons red wine vinegar
- 6 tablespoons sugar
- 3/4 cup vegetable oil
- 1 1/2 teaspoons poppy seeds
- 1/2 teaspoon kosher salt
- 6 tablespoons plain yogurt

Using a melon baller, scoop out the flesh of the melons into balls. In a medium bowl, whisk together vinegar, sugar, oil, poppy seeds, salt and yogurt. Refrigerate until serving time. Just before serving, combine melon balls and dressing.