



---

## CUCUMBER, MELON & WILD ARUGULA SALAD WITH BASIL-VANILLA BALSAMIC VINAIGRETTE

Recipe by Natural Gourmet Institute

SERVES 6-8

### Ingredients:

3 pounds assorted summer melon (like honeydew or cantaloupe),\* diced  
2 large cucumbers,\* peeled, diced  
4 small radishes,\* cut into matchsticks  
5 ounces wild arugula\*  
1 ounce basil leaves,\* torn  
3 tablespoons balsamic vinegar  
2 teaspoons Dijon mustard  
2 teaspoons vanilla extract  
½ teaspoon sea salt  
¼ teaspoon black pepper  
½ cup extra virgin olive oil

*\*Ingredients available seasonally at your neighborhood Greenmarket*

### Directions:

1. Combine melon, cucumbers, radishes, arugula and basil in a large bowl.
2. In a small bowl, whisk together balsamic vinegar, Dijon mustard, vanilla extract, salt and pepper. While continually whisking, slowly stream in olive oil.
3. Toss vegetables with vinaigrette and serve.

For over 40 years GrowNYC's Greenmarket staff, volunteers and farmers have been working together to promote regional agriculture, preserve farmland and ensure a continuing supply of fresh, local produce for all New Yorkers. To learn more about GrowNYC's Greenmarket, gardening, recycling and education programs, visit [www.growNYC.org](http://www.growNYC.org).

As a non-profit, donations from supporters like you are vital to our continued success. To make a fully tax-deductible contribution, please call 212.788.7900 or make a donation online.